Sanibel i35 Elliptical
※TABLE OF CONTENTS

1. PRECAUTIONS · · ·

PRECAUTIONS

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 400lbs., it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

POWER REQUIREMENTS

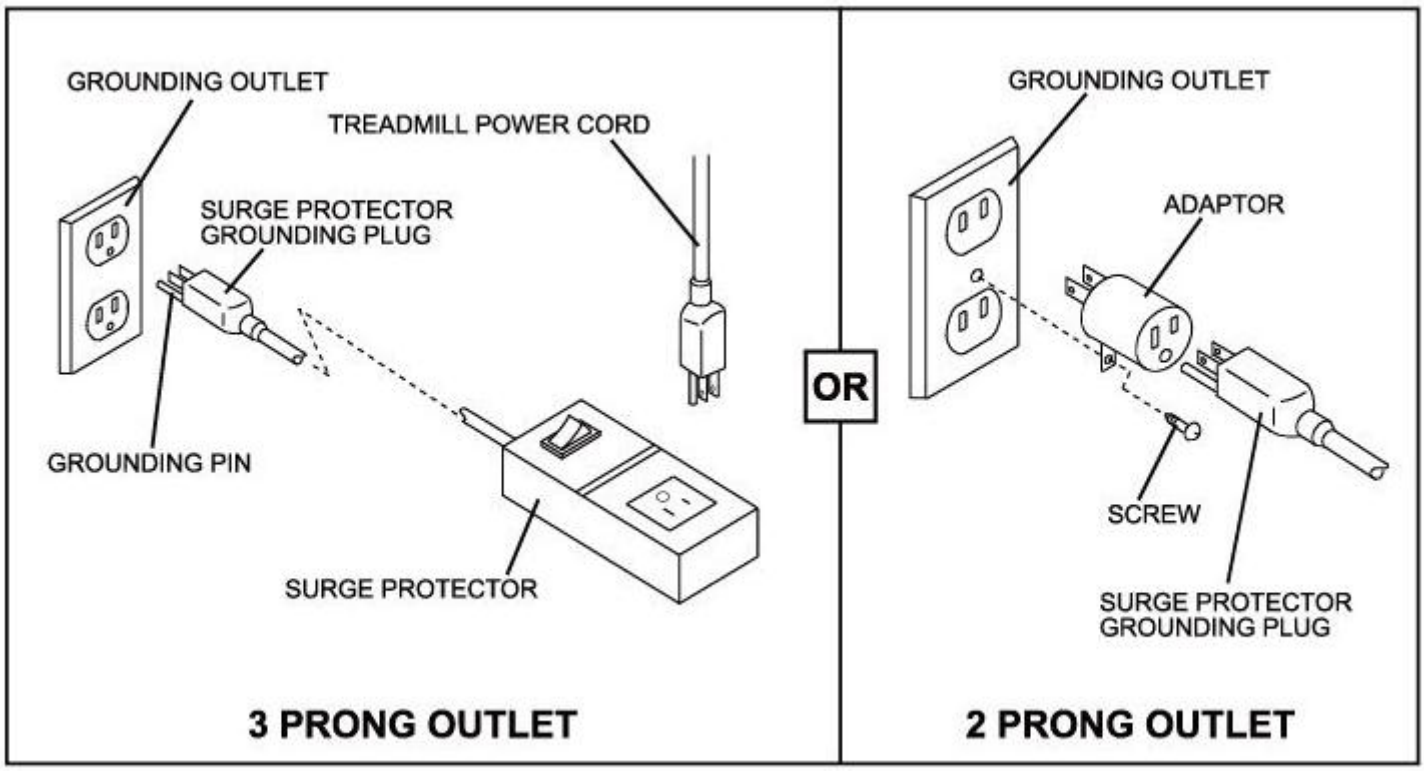
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This cross trainer can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of cross trainer damage, always use a surge protector (not included) with your cross trainer.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 220VAC, 15 amps.

This cross trainer must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the cross trainer malfunction. This cross trainer is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 220-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below. GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



BEFORE YOU BEGIN

Before assembling or using the elliptical trainer, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

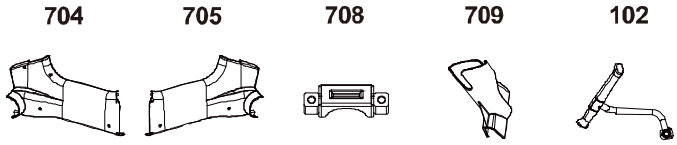
Product-Scope: This product is made for home use only and tested up to a maximum body weight of 400lbs.
.
Product-Feature: The resistance can be changed by the computer.

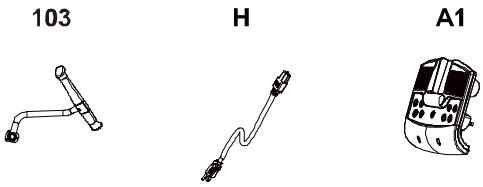
- Use-Scope: The exerciser may not be used by persons with a weight of over 400lbs.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronic.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Yowza parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.
- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instruction.
- Product-Power-Safety: The unit requires a power supply of 100V – 125V / 50-60Hz. It should be connected to a safety socket with a single 10A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts..
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original Yowza spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

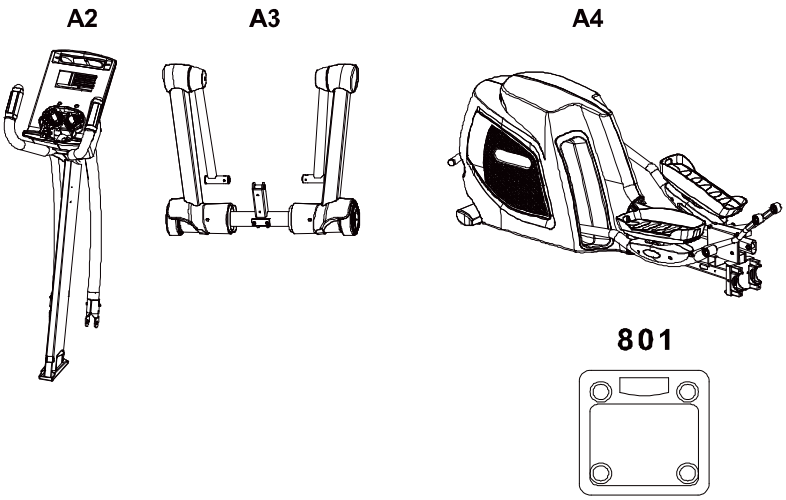
SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

No.	Description	Qty.
102	Moving Handlebar-Left	1
103	Moving Handlebar-Right	1
341	Incline Frame Lower Cover - Rear	2
342	Incline Frame Lower Cover - Front	2
701	Action Arm Lower Cover	4
702	Pedal Arm Front Pivot Cover	2
703	Incline Frame Front Cover	1
704	Undercarriage Cover - Left	1
705	Undercarriage Cover -Right	1
708	Incline Frame Holder - Front	2
709	Water Bottle Holder	1
801	IWM Weight Scale	1
H	Power Cord	1
A1	Button Control Panel Assembly	1
A2	Console Upright Assembly	1
A3	Incline Frame Assembly	1
A4	Main Frame Assembly	1



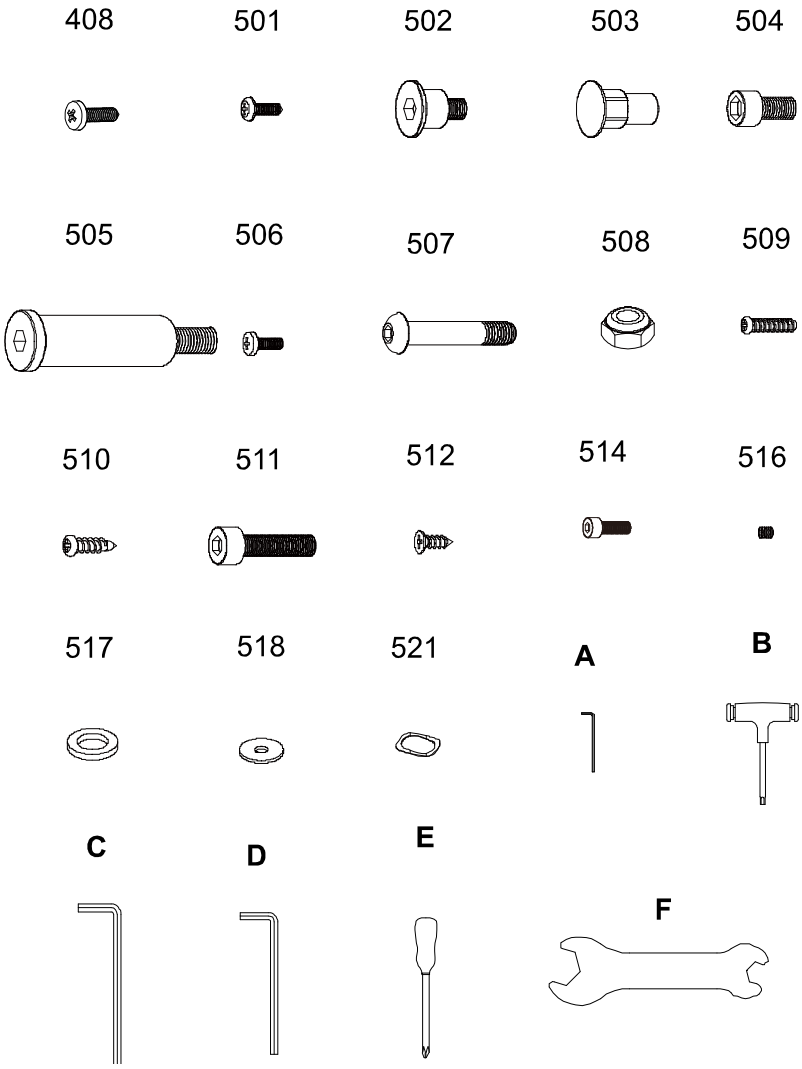


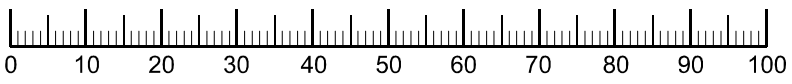


SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
408	4x15mm Screw – Cone point	4
501	4x12mm Screw – Cone Point	5
502	15x22 – M6x10mm Bolt	2
503	15x26 – M8x15mm Bolt	2
504	M8x20 mm Allen Head CAP Bolt	4
505	20x79.9-M14x25mm Bolt	2
506	4x12mm Screw – Flat Point	4
507	M10x56mm Allen Head Bolt	1
508	M10 Nylon Nut	1
509	4x19mm Screw	3
510	4.5x15mm Screw	8
511	M10x40mm Allen Head CAP Bolt	4
512	4x12mm Screw	2
514	M6x20mm Allen Head Bolt	6
516	M5x6mm Screw	2
517	10x16x2mm Spring Washer	4
518	4x13x1mm Washer	1
521	20.7x29.1x0.3mm Wave Washer	2
A	2.5mm Allen Key	1
B	5mm T-Type Allen Key	1
C	8mm Allen Key	1
D	6mm Allen Key	1
E	Screwdriver	1
F	13&17 Wrench	1





MILLIMETERS

PART LIST

Item No.		Description	Qty.	Part No.
SANIBEL i35-100				
	101	Console Support Tube	1	SANIBEL i35-101
	102	Moving Handlebar – Left	1	SANIBEL i35-102
	103	Moving Handlebar – Right	1	SANIBEL i35-103
	104	Moving Linkage – Left	1	SANIBEL i35-104
	105	Moving Linkage – Right	1	SANIBEL i35-105
	106	Pedal Arm – Left	1	SANIBEL i35-106
	107	Pedal Arm – Right	1	SANIBEL i35-107
	108	Pedal Swing Arm	2	SANIBEL i35-108
	109	Incline Frame	1	SANIBEL i35-109
	110	Incline Transmission Tube-Front	1	SANIBEL i35-110
	111	Incline Transmission Tube-Back	1	SANIBEL i35-111
	112	Main Frame	1	SANIBEL i35-112
	113	Cover Support Tube#1	1	SANIBEL i35-113
	115	Tension Wheel Bracket	1	SANIBEL i35-115
	116	Pedal Support Base	2	SANIBEL i35-116
	117	Pedal Buffer	2	SANIBEL i35-117
	118	Action Arm – Left	1	SANIBEL i35-118
	119	Action Arm – Right	1	SANIBEL i35-119
	120	Cover Support Tube#2	1	SANIBEL i35-120
	121	Magnet Bracket	1	SANIBEL i35-121
SANIBEL i35-200				
	206	Incline Frame Holder – Rear	2	SANIBEL i35-206
	211	Bearing 2201	2	SANIBEL i35-211
	213	Moving Linkage Bushing	4	SANIBEL i35-213
	214	Bearing 6804	12	SANIBEL i35-214
	215	Bearing 2203	2	SANIBEL i35-215
	216	Pedal Fixing Base	2	SANIBEL i35-216
	217	Bearing 6205	4	SANIBEL i35-217
	218	Bushing 25.6x28.6x50mm	2	SANIBEL i35-218
	219	Bushing 16x22.2x10.7mm	4	SANIBEL i35-219
	220	Bushing 18x12mm	2	SANIBEL i35-220
	221	Flywheel Pivot	1	SANIBEL i35-221
	222	Bearing 6003	2	SANIBEL i35-222
	223	Aluminum Disk	1	SANIBEL i35-223
	224	Flywheel	1	SANIBEL i35-224
	225	Bearing 6300	2	SANIBEL i35-225
	226	Crank	2	SANIBEL i35-226
	227	Crank Disk	1	SANIBEL i35-227
	228	Crank Disk Oval Cap	1	SANIBEL i35-228
	229	Crank Pivot Bushing	2	SANIBEL i35-229
	230	Bearing 6005	2	SANIBEL i35-230
	231	Crank Disk Pivot	1	SANIBEL i35-231
	232	Bearing Holder	1	SANIBEL i35-232

PART LIST

Item No.	Description	Qty.	Part No.
233	Belt	1	SANIBEL i35-233
234	Level Adjuster	2	SANIBEL i35-234
235	Magnet	2	SANIBEL i35-235
236	Speed Sensor Base	1	SANIBEL i35-236
237	Compression Spring	1	SANIBEL i35-237
238	10x94 – M12x22mm Bolt	1	SANIBEL i35-238
239	Overlay	1	SANIBEL i35-239
240	Button Overlay	1	SANIBEL i35-240
241	Bearing 6904	2	SANIBEL i35-241
244	Pedal Buffer fixed Plate	2	SANIBEL i35-244
245	Bearing 6002	4	SANIBEL i35-245
SANIBEL i35-300			
301	Handlebar End Cap	2	SANIBEL i35-301
302	Hand Pulse Sensor Cover – Bottom	2	SANIBEL i35-302
303	Hand Pulse Sensor Cover –Top	2	SANIBEL i35-303
304	Button Cover – Top	1	SANIBEL i35-304
305	Button Cover – Bottom	1	SANIBEL i35-305
306	Console Bottom Cover – Left	1	SANIBEL i35-306
307	Console Bottom Cover – Right	1	SANIBEL i35-307
308	Fan Cover	1	SANIBEL i35-308
309	iPod Dock Bracket Holder	2	SANIBEL i35-309
310	Console Top Cover	1	SANIBEL i35-310
311	Pivot Cap	2	SANIBEL i35-311
312	Action Arm Drive Gear	2	SANIBEL i35-312
313	Moving Handlebar Drive Gear	2	SANIBEL i35-313
314	Adjustable Vane	1	SANIBEL i35-314
317	HR Handlebar Foam	2	SANIBEL i35-317
319	Switch Plate	1	SANIBEL i35-319
320	Pedal Soft Cushion	2	SANIBEL i35-320
321	Left Pedal	1	SANIBEL i35-321
322	Fan Bracket – Top	1	SANIBEL i35-322
323	Fan Bracket – Bottom	1	SANIBEL i35-323
324	Pedal Buffer Cover	4	SANIBEL i35-324
325	Vent Cover – Rear	1	SANIBEL i35-325
326	Rear Shroud Inlet – Left	1	SANIBEL i35-326
327	Rear Shroud Inlet – Right	1	SANIBEL i35-327
328	Lift Handlebar End Cap	2	SANIBEL i35-328
329	Pedal Swing Arm Cap	2	SANIBEL i35-329
330	Incline Frame Positioner	1	SANIBEL i35-330
331	Wheel Cap 112x41.5mm	2	SANIBEL i35-331
332	Wheel Cap 46x12mm	2	SANIBEL i35-332
333	Wheel 140x51.86mm	2	SANIBEL i35-333
334	Bearing Bracket	2	SANIBEL i35-334
336	Oval Tube Cap	2	SANIBEL i35-336
337	Vent Cover – Left	1	SANIBEL i35-337
338	Rear Shroud – Left	1	SANIBEL i35-338

PART LIST

Item No.	Description	Qty.	Part No.
339	Rear Shroud – Right	1	SANIBEL i35-339
340	Vent Cover –Right	1	SANIBEL i35-340
341	Incline Frame Lower Cover – Rear	2	SANIBEL i35-341
342	Incline Frame Lower Cover – Front	2	SANIBEL i35-342
343	Incline Frame Top Cover – Rear	2	SANIBEL i35-343
344	Incline Frame Top Cover – Front	2	SANIBEL i35-344
345	20x32x7.2mm Bushing	2	SANIBEL i35-345
346	iPod Dock Bracket Cover – Top	1	SANIBEL i35-346
347	iPod Dock Bracket Cover – Bottom	1	SANIBEL i35-347
348	Handlebar Grip Foam	2	SANIBEL i35-348
349	Right Pedal	1	SANIBEL i35-349
350	PC Board Plastic Frame	1	SANIBEL i35-350
351	iPod Bracket	1	SANIBEL i35-351
359	Pedal Rear Cushion	2	SANIBEL i35-359
360	Plastic Gear Bushing	2	SANIBEL i35-360
SANIBEL i35-400			
401	8x27xT2mm Washer	2	SANIBEL i35-401
402	3x12mm Screw – Cone Point	4	SANIBEL i35-402
403	Taper Fixing Insert	41	SANIBEL i35-403
404	M8x16mm Allen Head CAP Bolt	4	SANIBEL i35-404
405	8x14xT2.0mm Spring Washer	8	SANIBEL i35-405
406	M12 Nylon Nut	1	SANIBEL i35-406
407	4x15mm Screw – Flat Point	16	SANIBEL i35-407
408	4x15mm Screw – Cone Point	4	SANIBEL i35-408
410	M8x20mm Screw	2	SANIBEL i35-410
411	4x12mm Screw – Cone Point	28	SANIBEL i35-411
412	M32 C Clip	2	SANIBEL i35-412
413	12x20x2mm PU Washer	2	SANIBEL i35-413
414	M6x12mm Allen Head Bolt	10	SANIBEL i35-414
415	M8x20mm Allen Head Bolt	3	SANIBEL i35-415
416	M8x15mm Allen Head Bolt	16	SANIBEL i35-416
417	M8 Nylon Nut	10	SANIBEL i35-417
419	Bushing 12x60mm	4	SANIBEL i35-419
420	M8x90mm Allen Head Bolt	4	SANIBEL i35-420
421	M12 C Clip	2	SANIBEL i35-421
422	12x20x0.5mm Plastic Washer	2	SANIBEL i35-422
423	4.5x15mm Screw	4	SANIBEL i35-423
424	M6x12mm Allen Head CAP Bolt	3	SANIBEL i35-424
425	6x10x1mm Spring Washer	11	SANIBEL i35-425
426	20x6x1.5mm Washer	3	SANIBEL i35-426
427	M42 C Clip	2	SANIBEL i35-427
428	M8x16mm Bolt	8	SANIBEL i35-428
429	M10x20mm Bolt	4	SANIBEL i35-429
430	10x16x2mm Spring Washer	4	SANIBEL i35-430
431	10x30xT3.0 Washer	2	SANIBEL i35-431
432	M4 Nylon Nut	2	SANIBEL i35-432

PART LIST

Item No.	Description	Qty.	Part No.
434	8x27x1mm Plastic Washer	2	SANIBEL i35-434
435	16x25xT3.0 Washer	4	SANIBEL i35-435
437	M6x12mm Screw	6	SANIBEL i35-437
438	17x22xT1.5mm Plastic Washer	3	SANIBEL i35-438
440	32x6x2.0 Washer	1	SANIBEL i35-440
441	10x20mm Washer	2	SANIBEL i35-441
442	M10x45mm Bolt	1	SANIBEL i35-442
445	Pedal Arm Pivot	2	SANIBEL i35-445
446	3/4” Nut	2	SANIBEL i35-446
447	M8x30mm Allen Head CAP Bolt	2	SANIBEL i35-447
448	M4x15mm Screw	2	SANIBEL i35-448
449	4x25mm Screw	4	SANIBEL i35-449
450	4.5x15mm Screw – Cone Point	2	SANIBEL i35-450
451	M4x45mm Allen Head CAP Bolt	1	SANIBEL i35-451
452	M5x8mm Allen Head Bolt	2	SANIBEL i35-452
453	M6x40mm Bolt	1	SANIBEL i35-453
455	10x18x3mm Washer	1	SANIBEL i35-455
456	M3x8mm Screw	2	SANIBEL i35-456
457	Iron Plate Nut	12	SANIBEL i35-457
458	M5x12mm Screw	2	SANIBEL i35-458
459	M8x45mm Bolt	3	SANIBEL i35-459
460	8x16xT1.0mm Washer	3	SANIBEL i35-460
461	M6 Nylon Nut	5	SANIBEL i35-461
462	20x27x2mm Washer	4	SANIBEL i35-462
463	M4 Nut	3	SANIBEL i35-463
464	M7.8X32mm Allen Head Bolt	4	SANIBEL i35-464
465	6x14.5–M5x6.5mm Bolt	2	SANIBEL i35-465
466	4x8mm Screw	4	SANIBEL i35-466
468	M5 Nut	4	SANIBEL i35-468
470	6x8x8mm Rubber Washer	2	SANIBEL i35-470
471	M4x50mm Bolt	1	SANIBEL i35-471
472	M4X15mm Bolt	2	SANIBEL i35-472
473	3x12mm Screw – Cone Point	2	SANIBEL i35-473
474	4x12mm Screw – Flat Point	10	SANIBEL i35-474
475	5x10mm Screw – Flat Point	2	SANIBEL i35-475
476	M3x10mm Screw	8	SANIBEL i35-476
477	M5x10mm Screw	4	SANIBEL i35-477
481	17.2x22xT1mm Washer	2	SANIBEL i35-481
482	M6x20mm Screw	2	SANIBEL i35-482
483	6X13XT1.5mm Washer	12	SANIBEL i35-483
484	8X18XT2mm Washer	1	SANIBEL i35-484
485	10X30XT1mm Plastic Washer	2	SANIBEL i35-485
486	5/16" Nut	2	SANIBEL i35-486
487	Iron Plate Nut - 16.5X11mm	6	SANIBEL i35-487
488	10X23XT2mm Washer	1	SANIBEL i35-488
489	M8x16 mm Allen Head Bolt	4	SANIBEL i35-489

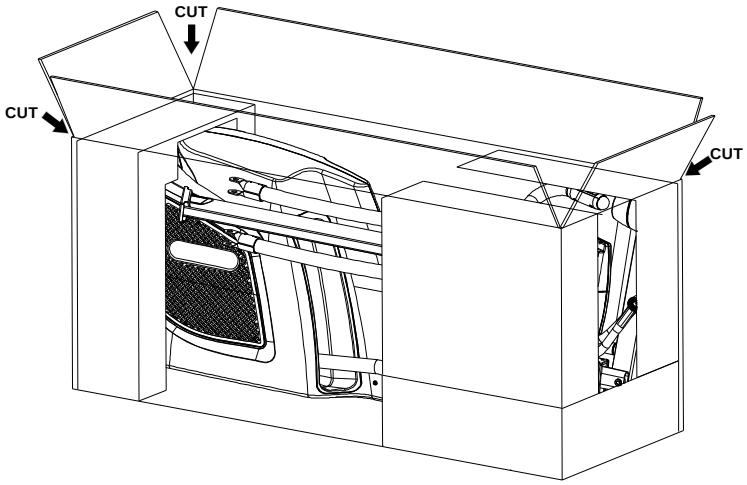
PART LIST

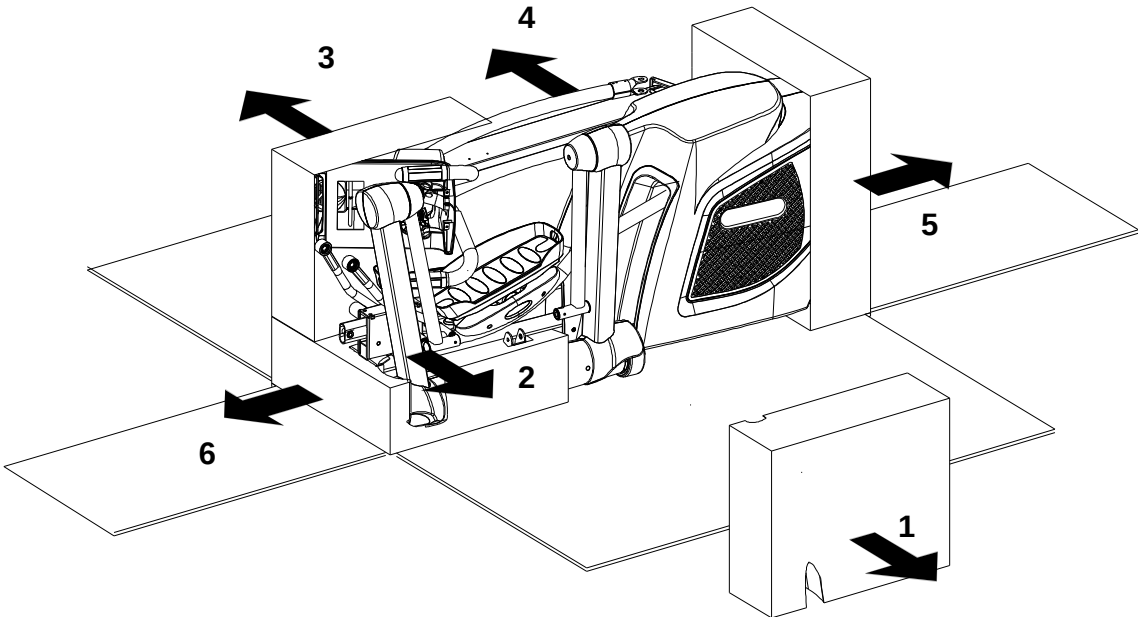
Item No.	Description	Qty.	Part No.
SANIBEL i35-500			
501	4x12mm Screw – Cone Point	7	SANIBEL i35-501
502	15x22–M8x10mm Bolt	2	SANIBEL i35-502
503	15x26–M8x15mm Bolt	2	SANIBEL i35-503
504	M8x20mm Allen Head CAP Bolt	4	SANIBEL i35-504
505	20x79.9-M14x25mm Bolt	2	SANIBEL i35-505
506	4x12mm Screw – Flat Point	4	SANIBEL i35-506
507	M10x20mm Allen Head CAP Bolt	4	SANIBEL i35-507
508	M10 Nylon Nut	2	SANIBEL i35-508
509	4.5x12mm Screw – Flat Point	3	SANIBEL i35-509
510	4.5x12mm Screw – Cone Point	8	SANIBEL i35-510
511	M10x40mm Allen Head CAP Bolt	4	SANIBEL i35-511
512	4x12mm Screw	2	SANIBEL i35-512
513	8x27x2mm Washer	2	SANIBEL i35-513
514	M6x20mm Allen Head CAP Bolt	6	SANIBEL i35-514
515	M8x20mm Allen Head Bolt	2	SANIBEL i35-515
516	M5x6mm Screw	2	SANIBEL i35-516
517	10x18xT2mm Washer	4	SANIBEL i35-517
518	4x13xT1mm Washer	1	SANIBEL i35-518
519	8x27xT1mm Plastic Washer	2	SANIBEL i35-519
520	4.5x15mm Screw	2	SANIBEL i35-520
521	20.7x29.1x0.3mm Wave Washer	4	SANIBEL i35-521
SANIBEL i35-600			
601	4Pin Console Power Wire – Upper	1	SANIBEL i35-601
602	4Pin Console Power Wire – Lower	1	SANIBEL i35-602
603	6P Motor Connecting Wire	1	SANIBEL i35-603
605	1Pin Power Connection Wire	1	SANIBEL i35-605
606	3C Power Wire	1	SANIBEL i35-606
607	Hand Pulse Sensor Wire – Upper	2	SANIBEL i35-607
609	Transformer	2	SANIBEL i35-609
610	PC Board	1	SANIBEL i35-610
612	Receiver Wire	1	SANIBEL i35-612
613	Button PC Board (With Connection Wire)	1	SANIBEL i35-613
614	Fan	1	SANIBEL i35-614
615	Receiver	1	SANIBEL i35-615
616	Elevation Motor		SANIBEL i35-616
617	Speed Sensor	1	SANIBEL i35-617
618	Motor	1	SANIBEL i35-618
619	DC Power Wire	1	SANIBEL i35-619
620	Power Insert	1	SANIBEL i35-620
621	Power Switch	1	SANIBEL i35-621
622	Power Breaker	1	SANIBEL i35-622
623	Control Board	1	SANIBEL i35-623
624	Magnetic Sensor	1	SANIBEL i35-624
625	Limit Position PC Board Wire	1	SANIBEL i35-625
629	6Pin iPod dock Connection Wire	1	SANIBEL i35-629
630	2Pin Amplifier Power Connection Wire	1	SANIBEL i35-630
631	Button Board Connection Wire	1	SANIBEL i35-631

PART LIST

Item No.	Description	Qty.	Part No.
632	iPod dock	1	SANIBEL i35-632
633	Speaker	2	SANIBEL i35-633
634	Amplifier PC board	1	SANIBEL i35-634
635	3Pin Amplifier Power Connection Wire	1	SANIBEL i35-635
SANIBEL i35-700			
701	Action Arm Lower Cover	4	SANIBEL i35-701
702	Pedal Arm Front Pivot Cover	2	SANIBEL i35-702
703	Incline Frame Front Cover	1	SANIBEL i35-703
704	Undercarriage Cover – Left	1	SANIBEL i35-704
705	Undercarriage Cover – Right	1	SANIBEL i35-705
706	Nylon Bushing	2	SANIBEL i35-706
708	Incline Frame Holder – Front	2	SANIBEL i35-708
709	Water Bottle Holder	1	SANIBEL i35-709

ASSEMBLY





(A) Remove your elliptical trainer from the carton and place it on the floor in an open area.

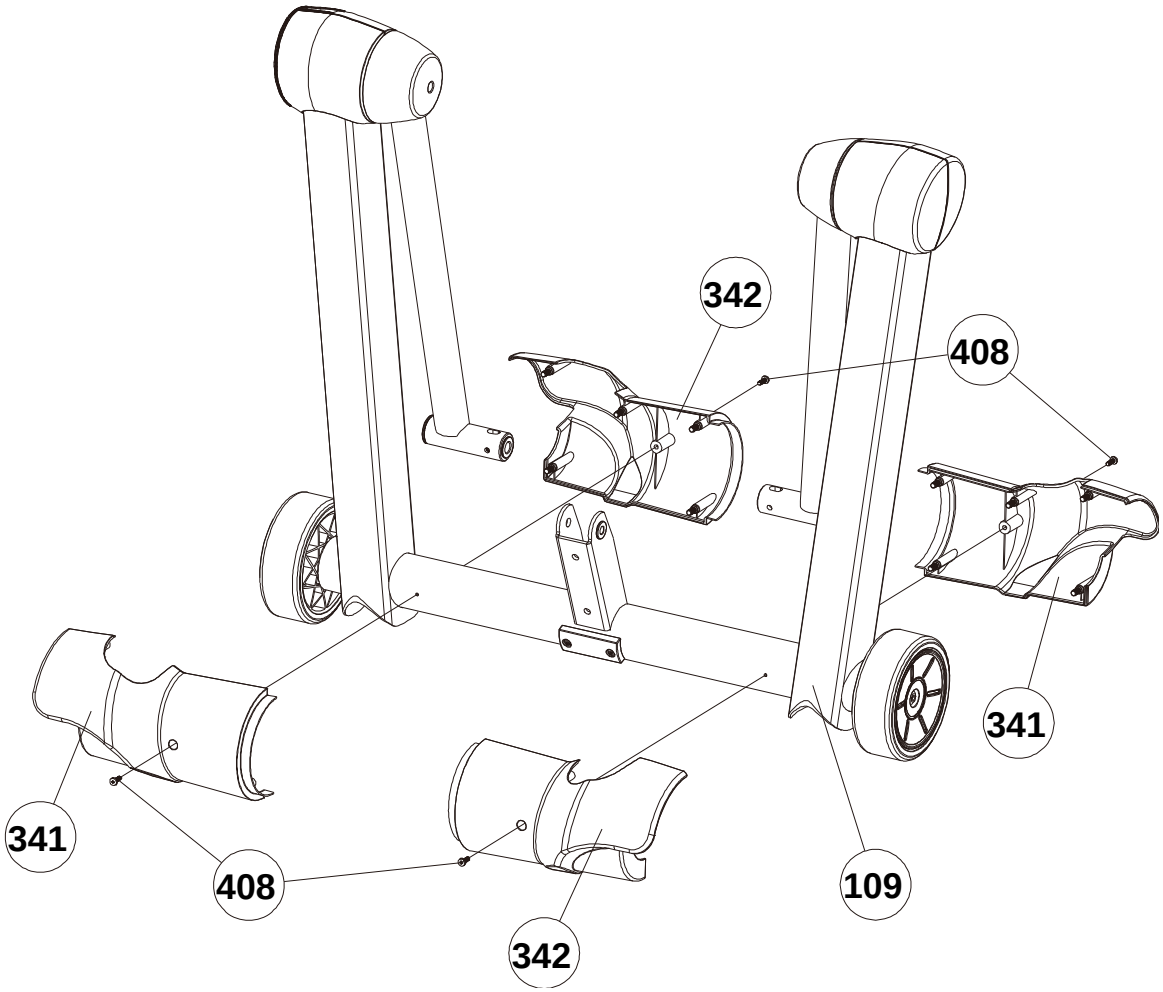
(B) Remove the elliptical trainer and all the components and hardware from the box.

(C) Check the quantities of all components and hardware with the component and hardware lists on pages 4-5.

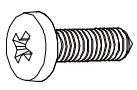
(D) CAREFULLY separate by part number as many pieces that are similar in size and shape. This is the most important step!

(E) After verifying inventory, if there is any missing parts please contact Yowza fitness at 877-969-9240**.**

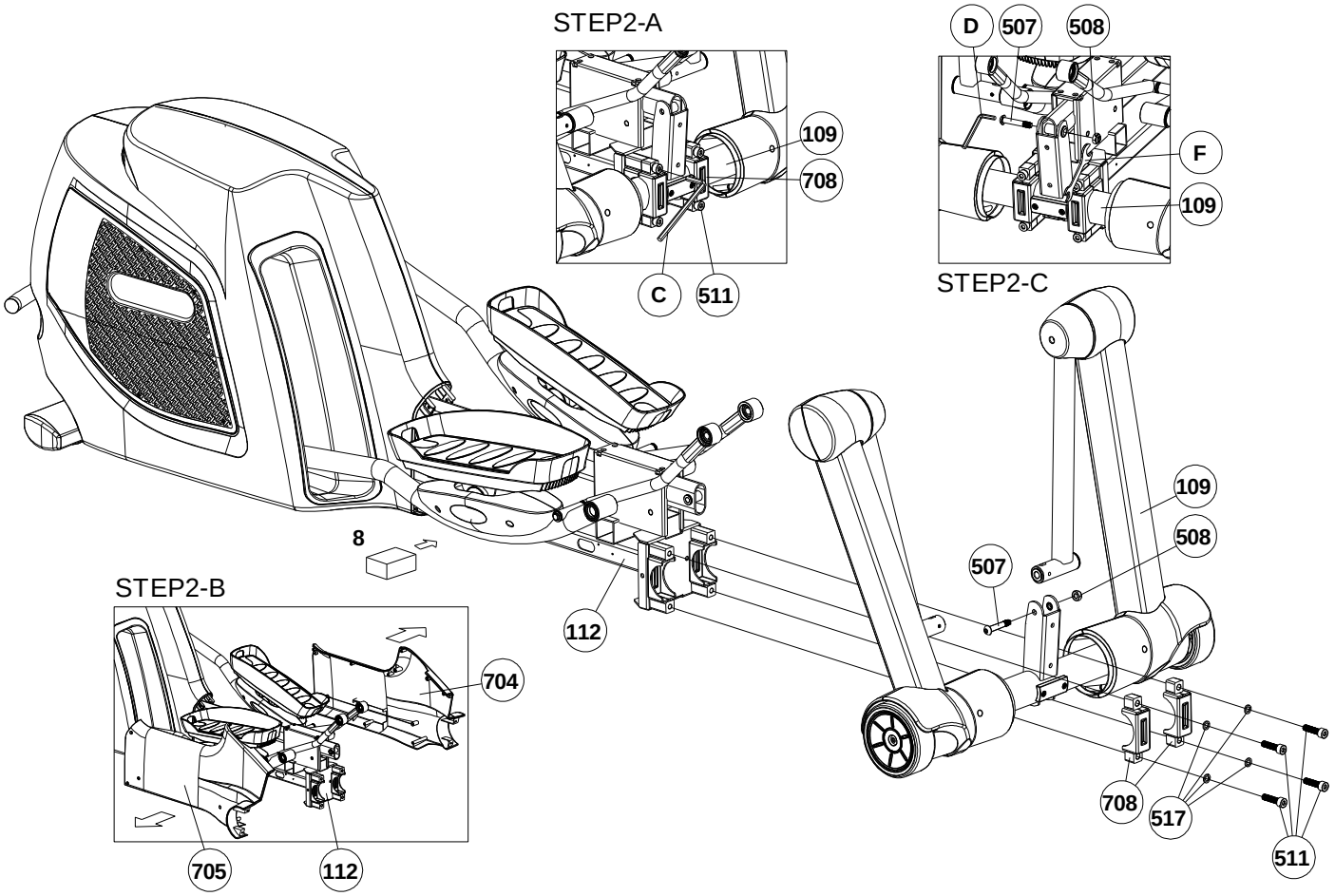
STEP1 ASSEMBLY



STEP1). Attach the Incline Frame Lower Cover (341, 342) to the incline frame, and secure using Cone Point Screw (408).

408	X4	

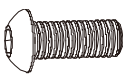
STEP2 ASSEMBLY



STEP2-A). Remove the Undercarriage Cover (704, 705).

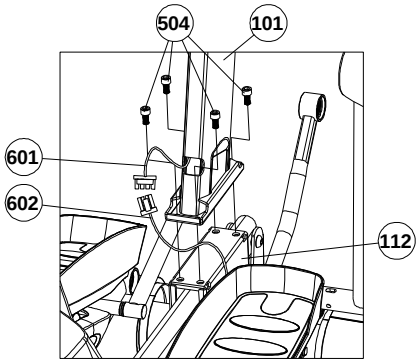
STEP2-B). Place Styrofoam block (8) under Main Frame to provide clearance to position Main Frame (112) for assembly.

STEP2-C). Attach Incline Frame Set to the Main Frame, and attach four Allen Head Bolts (507) with Spring Washer (511) and Washer (517), then fully tighten the bolt with 6mm Allen Key (I).

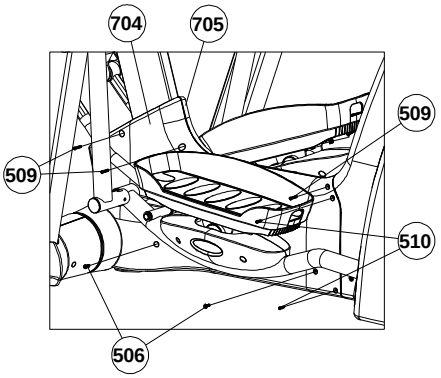
507	**X4**	
511	**X4**	
517	**X4**	

STEP3 ASSEMBLY

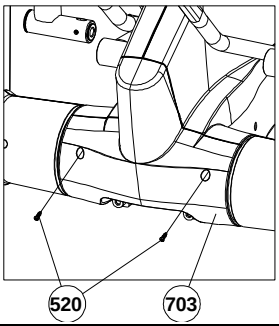
STEP3-A

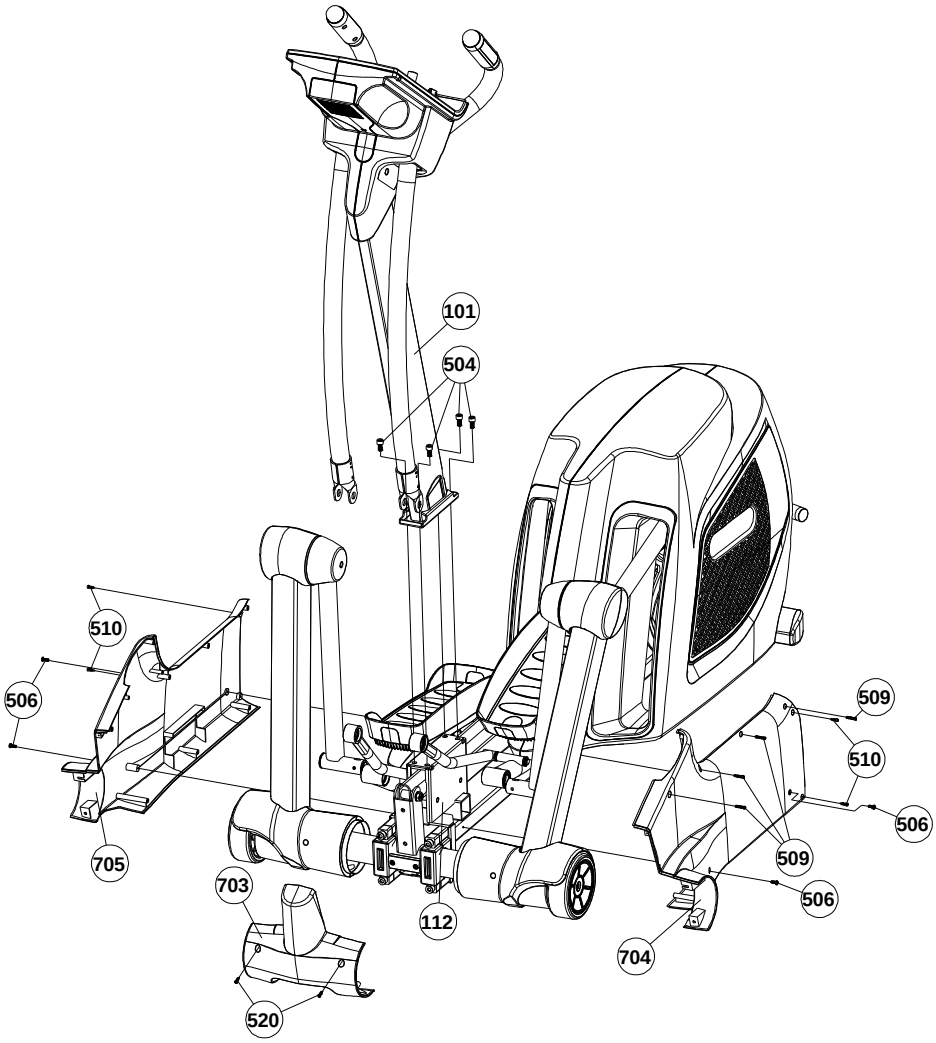


STEP3-B



STEP3-C

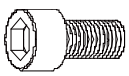




STEP3-A). Assemble the Console Support Tube (101) to the Main Frame and secure
Using four Allen Head CAP Bolts (504). Connect the 8Pin Power Wire –
Upper (601) to 8Pin Power Wire – Lower (602) being sure to slide the plastic
Extrusion on one connector under the tab on the second connector.

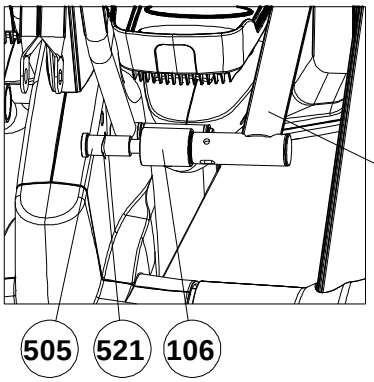
STEP3-B). Lift the Pedal Arm and attach the Undercarriage Cover (719, 720) to the
Main Frame, and secure using Flat point screw (506), Screw (509), Screw
(510).

STEP3-C). Attach the Incline Frame Front Cover (703) to the Incline Frame and secure
Using two Screws (510).

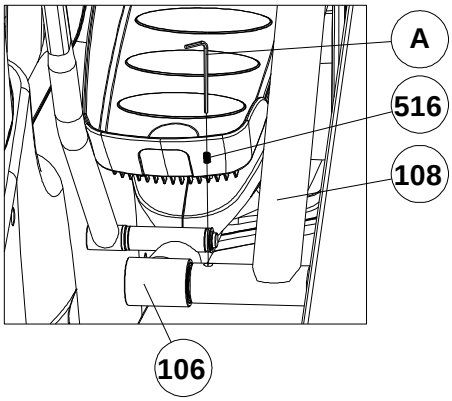
504	**X4**	
506	**X4**	
509	**X3**	
510	**X6**	

STEP4 ASSEMBLY

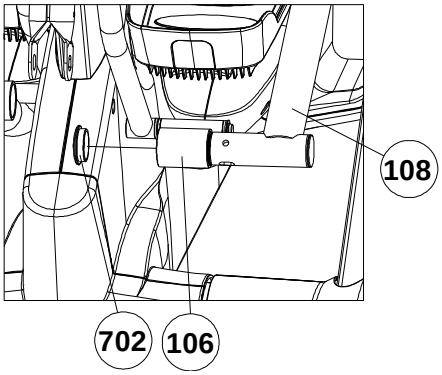
STEP4-A

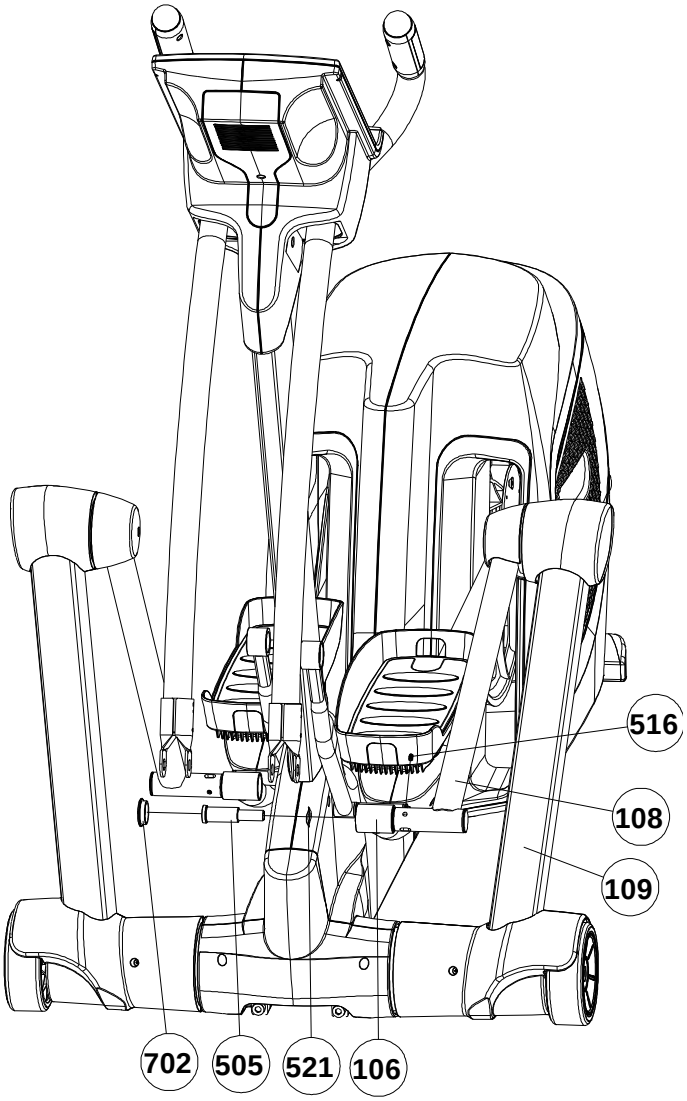


STEP4-B



STEP4-C



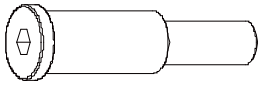


STEP4-A). Slide the 20x78 Bolt (505) through the Wave Washer (521), Pedal Arm, and Pedal Swing Arm (108) then secure by 8mm Allen Key (C).

STEP4-B). Secure Screw (516) to the Pedal Swing Arm (108) using the 2.5mm Allen Key (A)

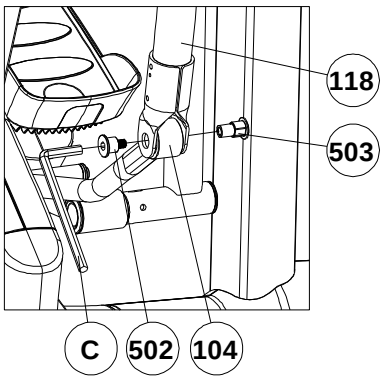
NOTE: PLEASE FULLY TIGHTEN Screw (516).

STEP4-C). Press the Pedal Arm Front Pivot Cover (702) into the ends of the Pedal Arm.

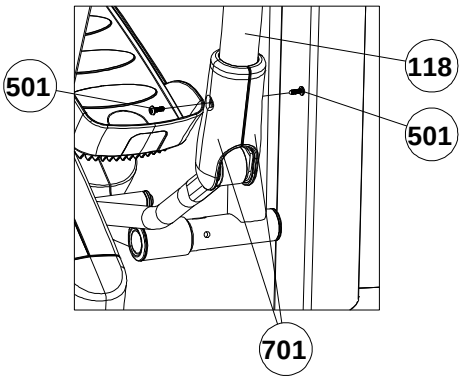
505	**X2**	
521	**X2**	
516	**X2**	

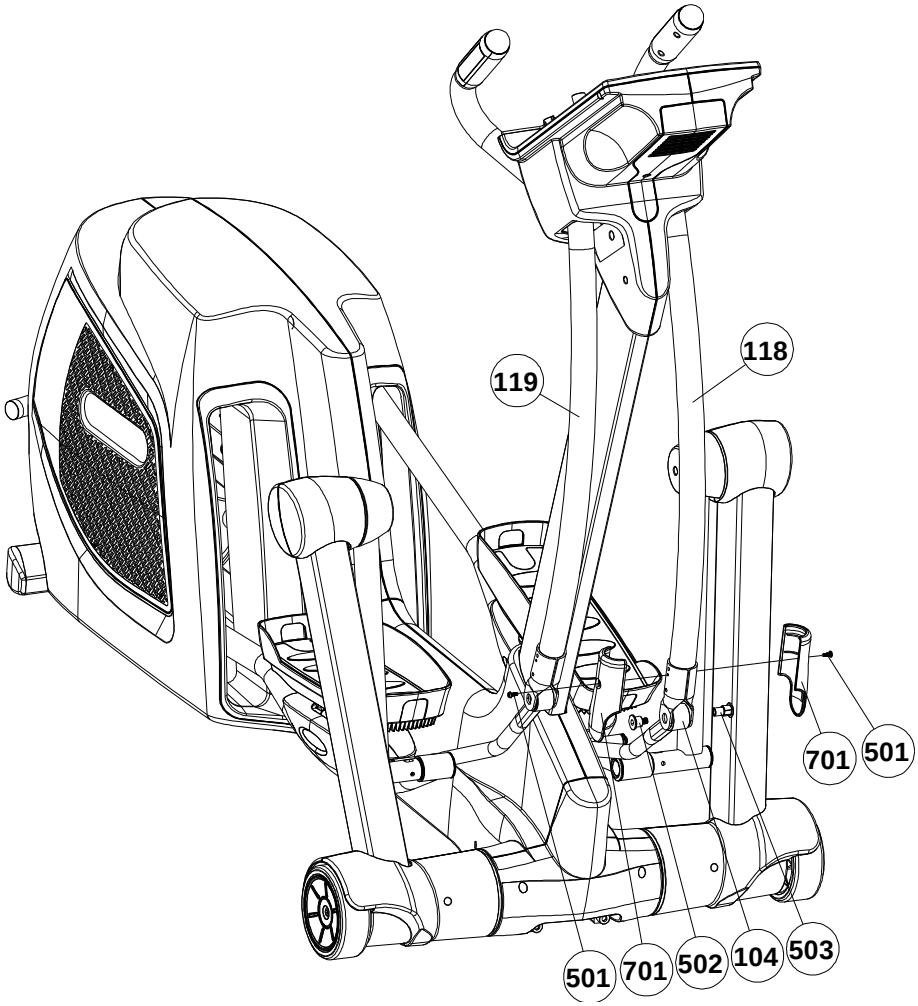
STEP5 ASSEMBLY

STEP5-A



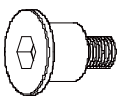
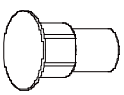
STEP5-B





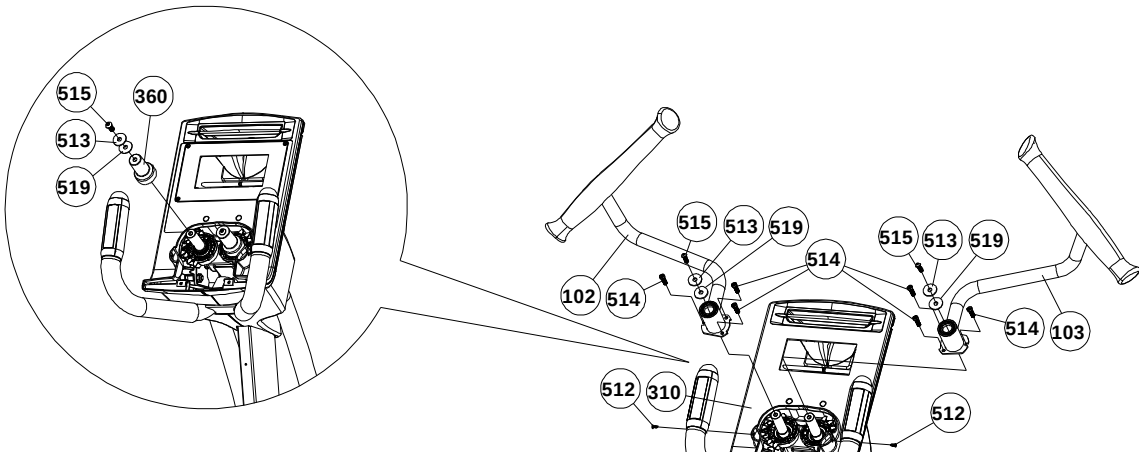
STEP5-A). Connect the Action Arm to the Moving Linkage and secure using the 15x22 Bolt (502) and 15x26 Bolt (503) by 6mm Allen Key (C).

SETP5-B). Assemble the Action Handlebar Lower Cover (701) to the Action Handlebar
and secure using the Cone Point Screw (501).

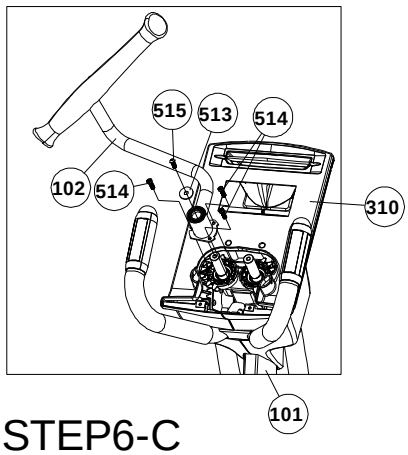
502	**X2**	
503	**X2**	
501	**X4**	

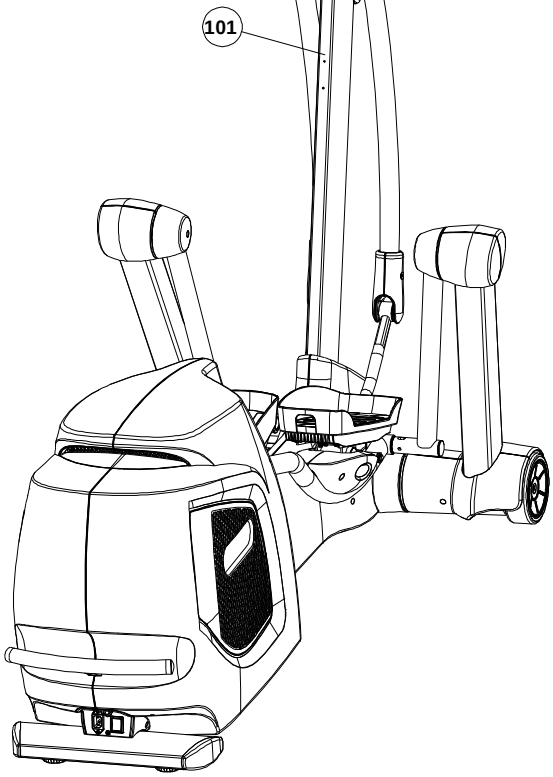
STEP6 ASSEMBLY

STEP6-A

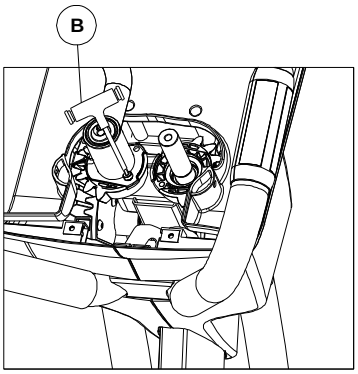


STEP6-B





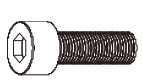
STEP6-C



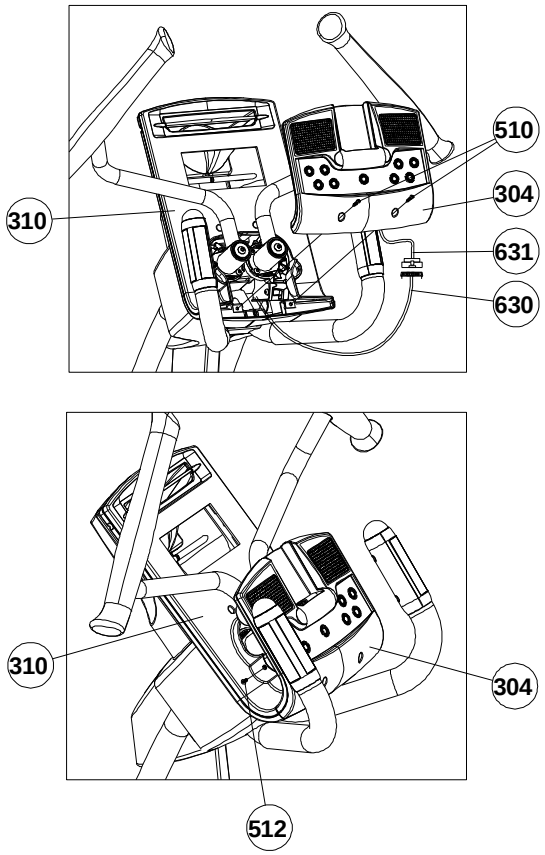
STEP6-A). Release the Plastic Gear Bushings (360) first, and keep 8x27x2mm Washers (513), M8x20mm Allen Head Bolts for STEP6-B.

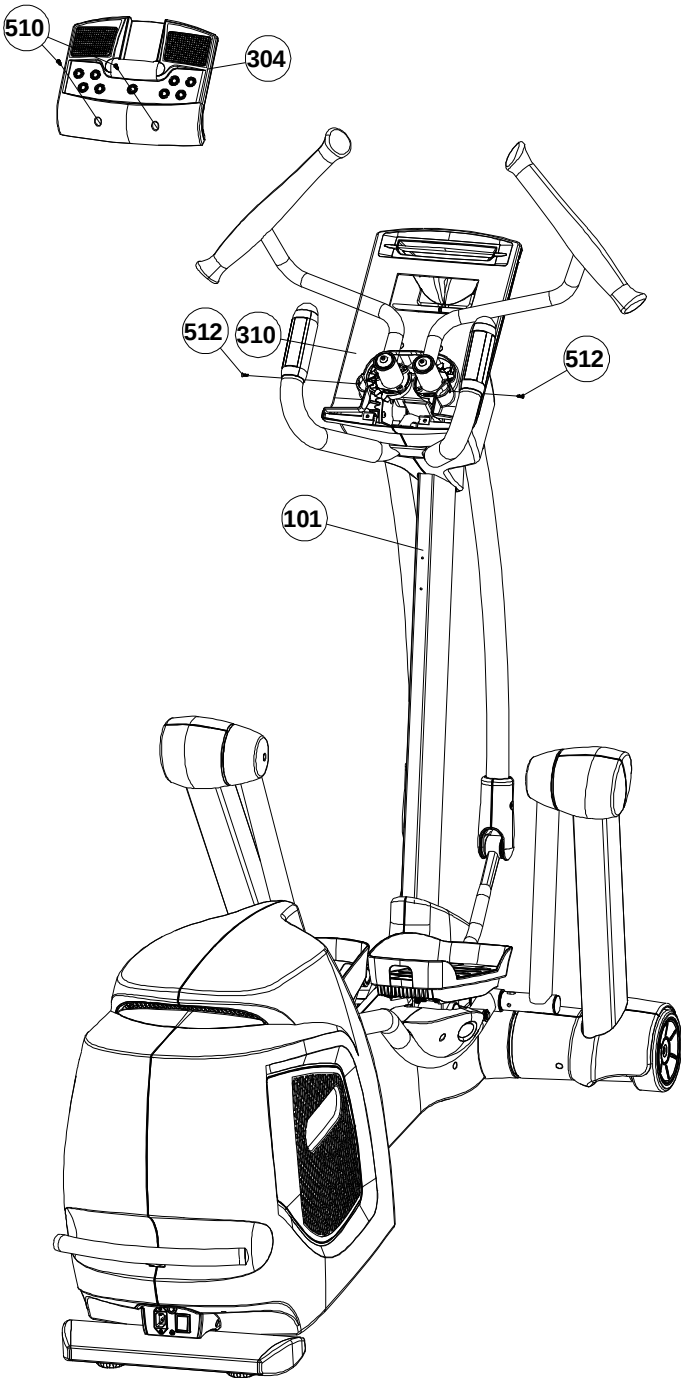
STEP6-B). Install the Moving Handlebar using Plastic Washer (519) first, then second is Washer (513) and finally tight the Allen Head Bolt (514) to lock the moving handlebar on the console.

STEP6-C). Tighten the Allen Head Bolts (514) with 5mm Allen Key (B).

514	**X6**	

STEP7 ASSEMBLY





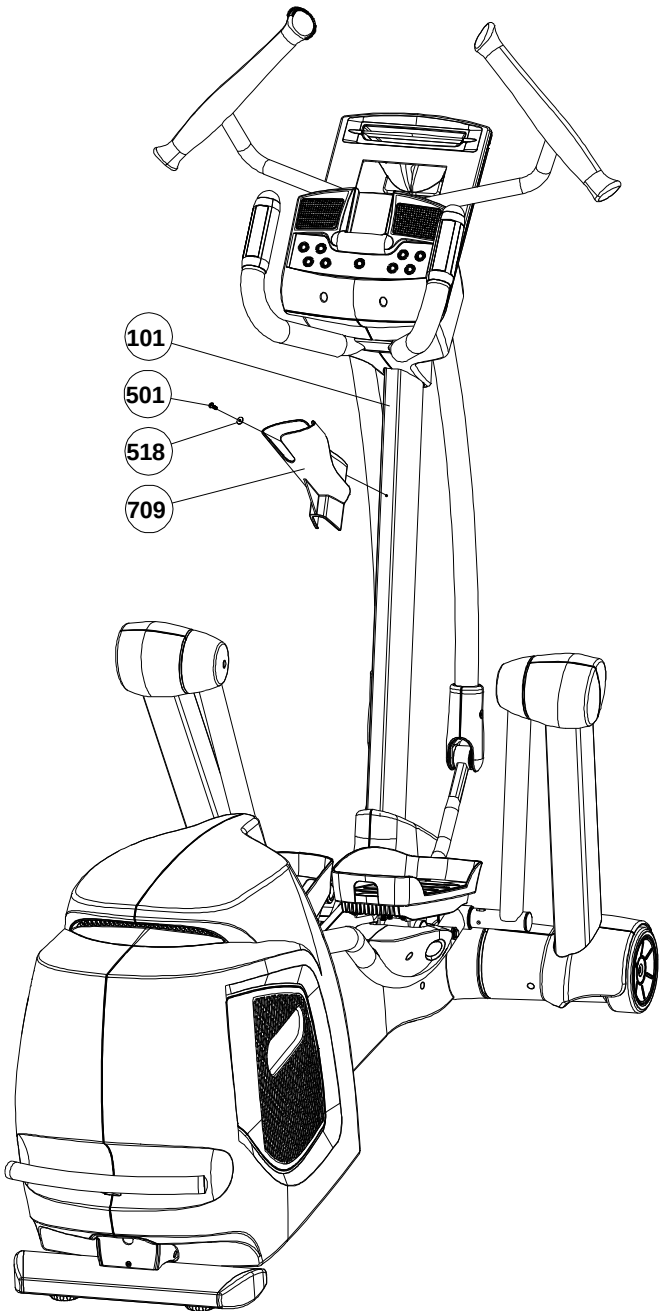
STEP7-A). Connect 8 pin connectors by carefully sliding connector with plastic extrusion under plastic clip on second connector.

STEP7-B). Attach the Button Control Panel (A1), and secure using Screw (510).

STEP7-C). Use Screw (512) to hold the Button Control Panel on left and right side to the corresponding hole in plastic.

510	**X2**	
512	**X2**	

STEP8 ASSEMBLY

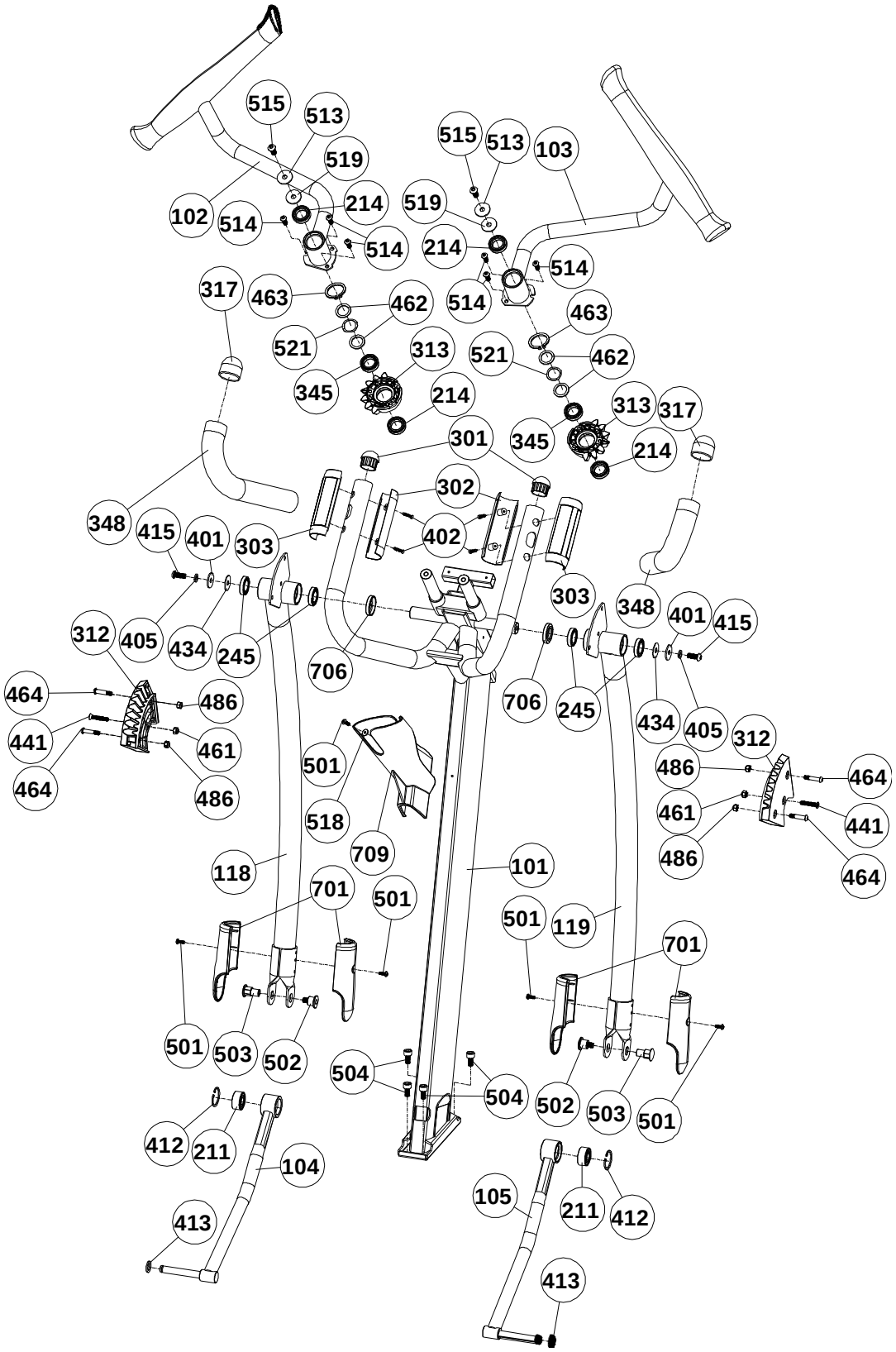


STEP8-A). Attach the Water Bottle Holder (709), and secure using Cone point screw (501) with Washer (518).

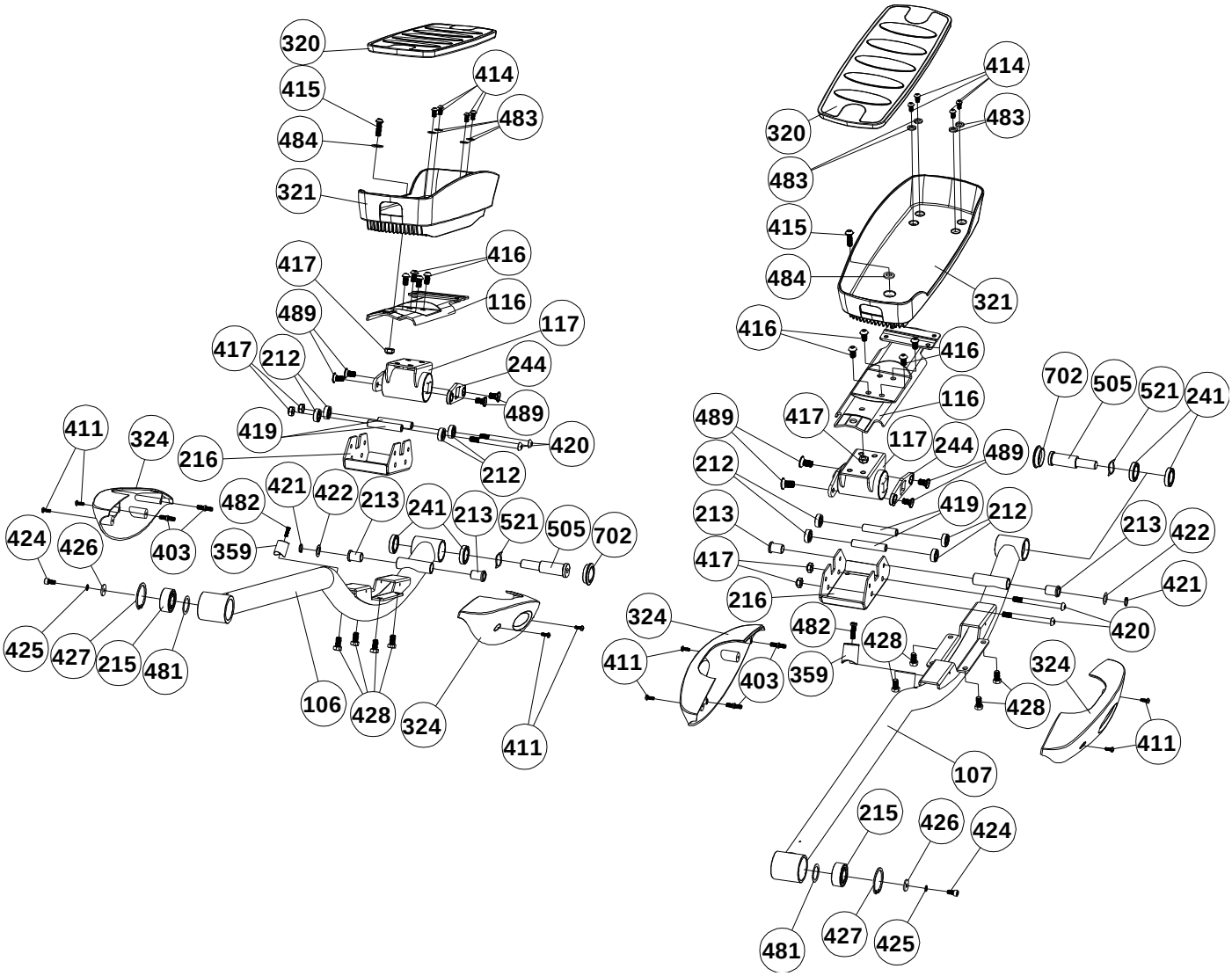
Your ellipitcal trainer is now fully assembled.

501	**X1**	
518	**X1**	

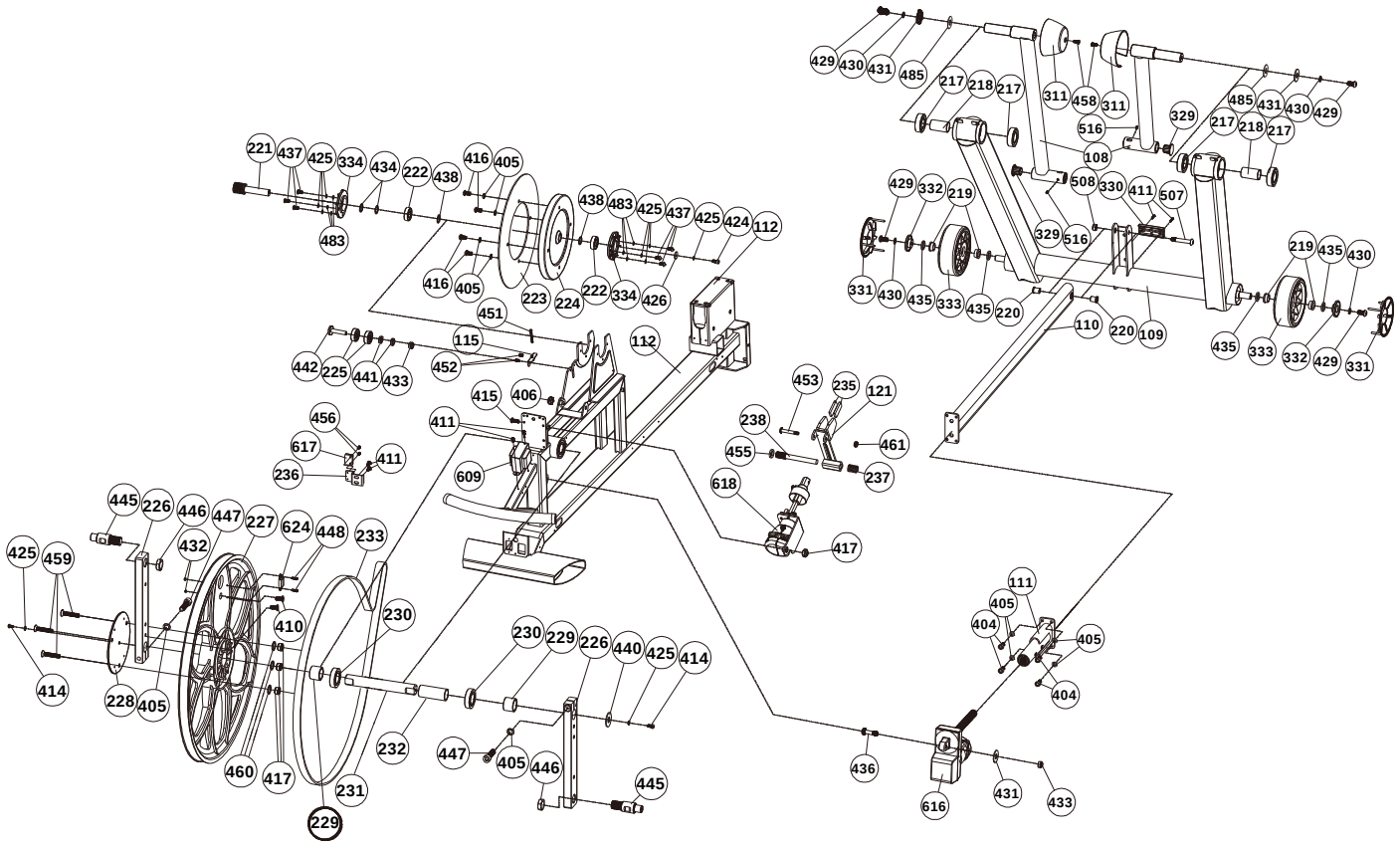
EXPLODED DIAGRAM



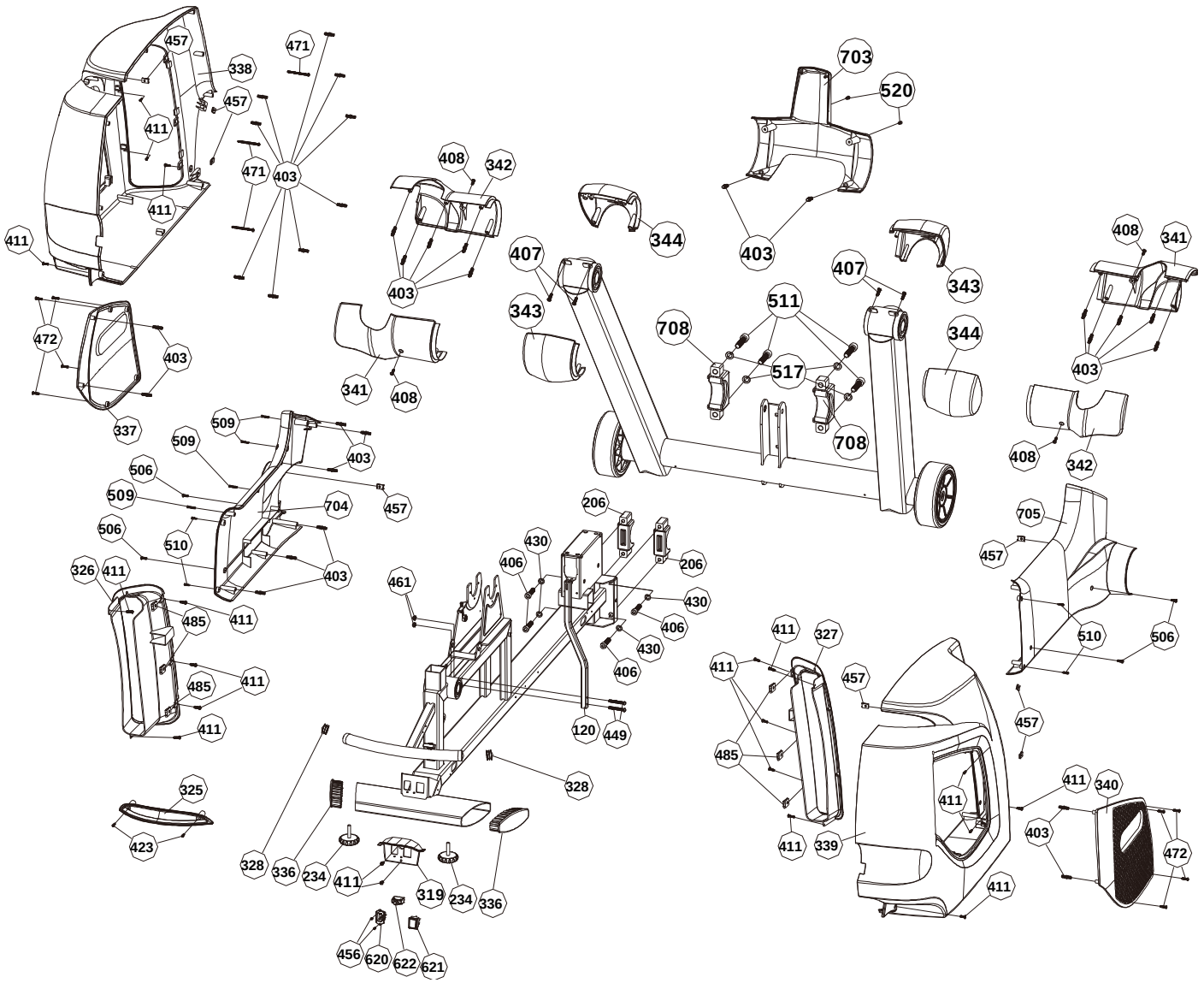
EXPLODED DIAGRAM



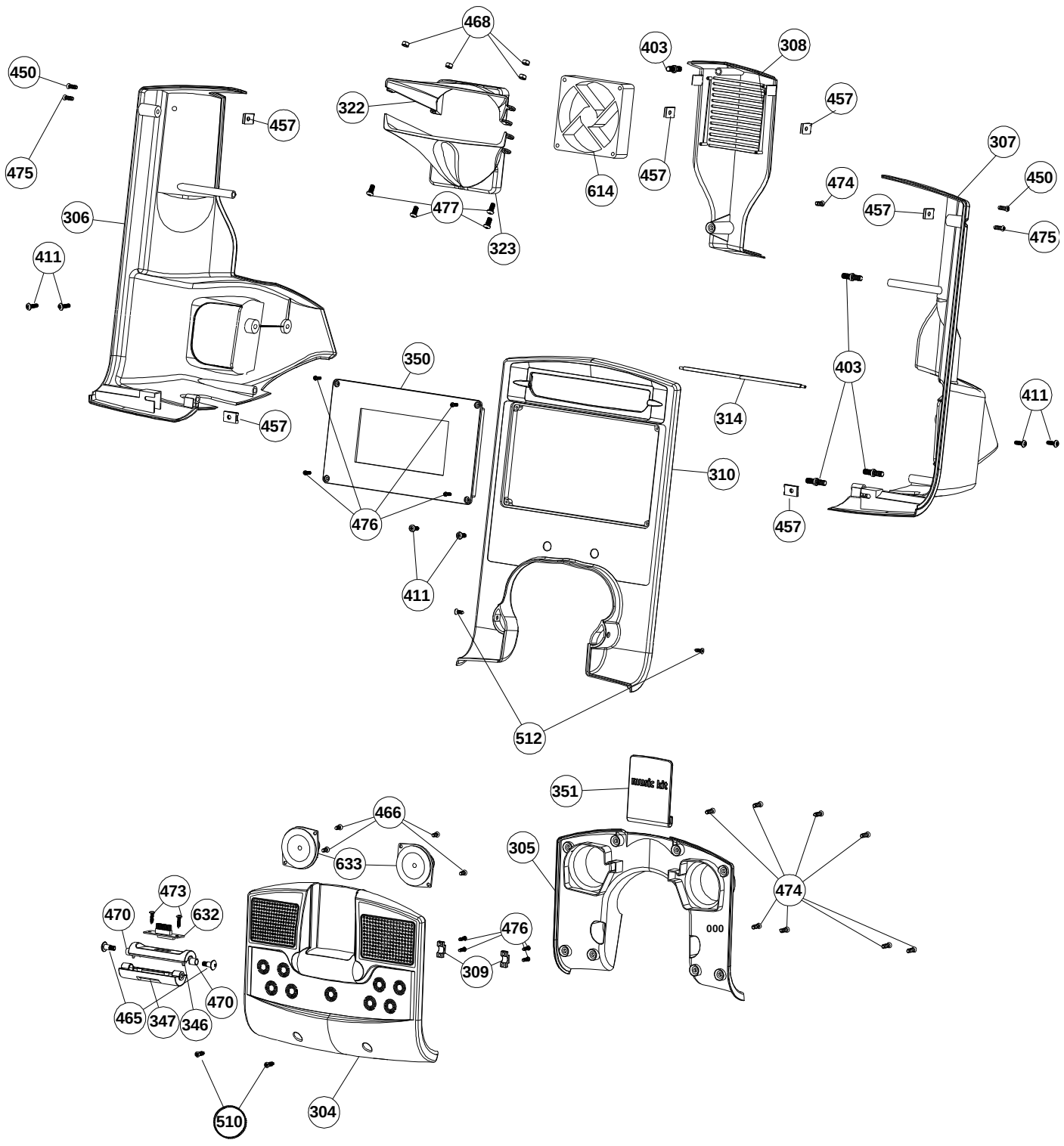
EXPLODED DIAGRAM



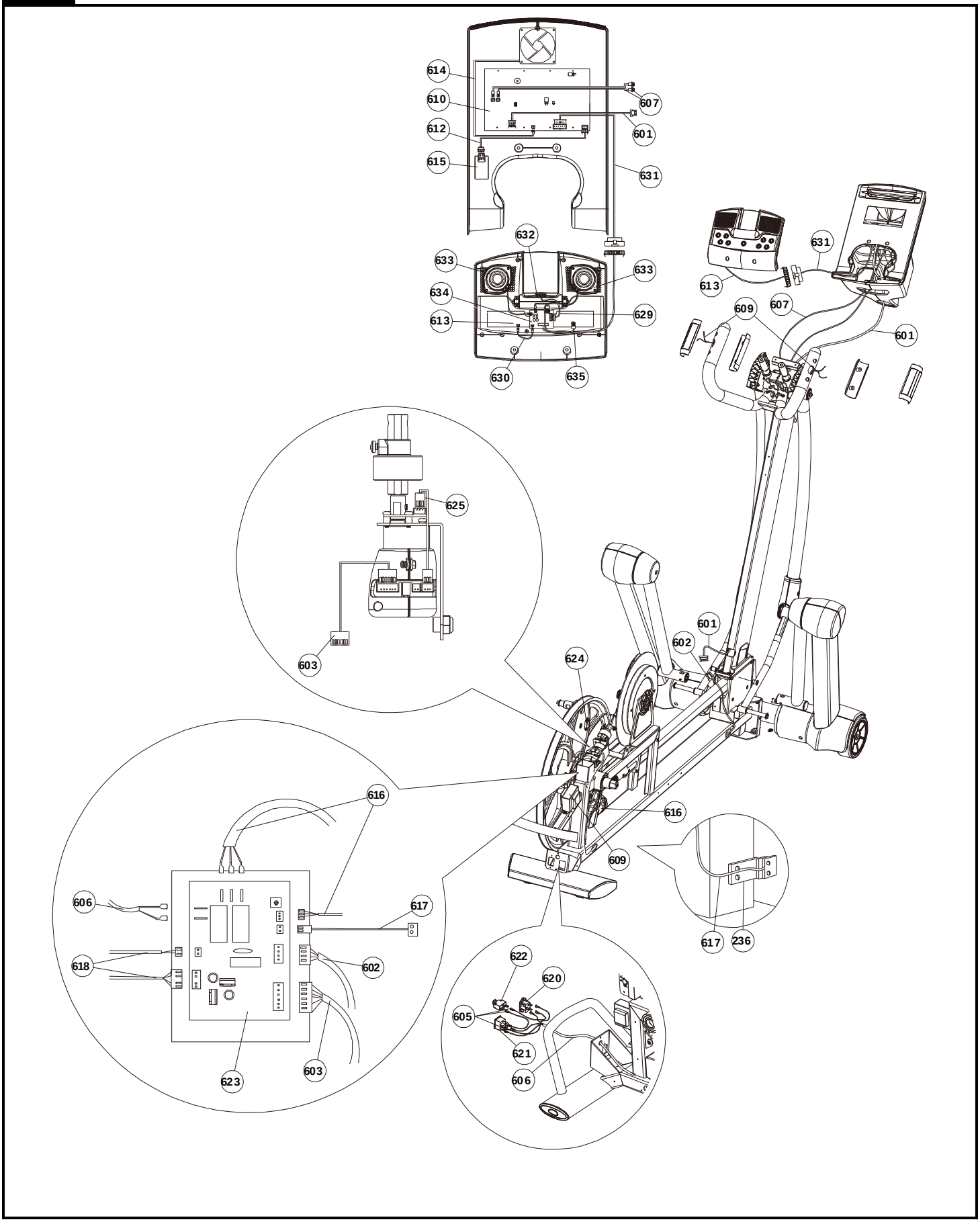
EXPLODED DIAGRAM



EXPLODED DIAGRAM



WIRE DIAGRAM

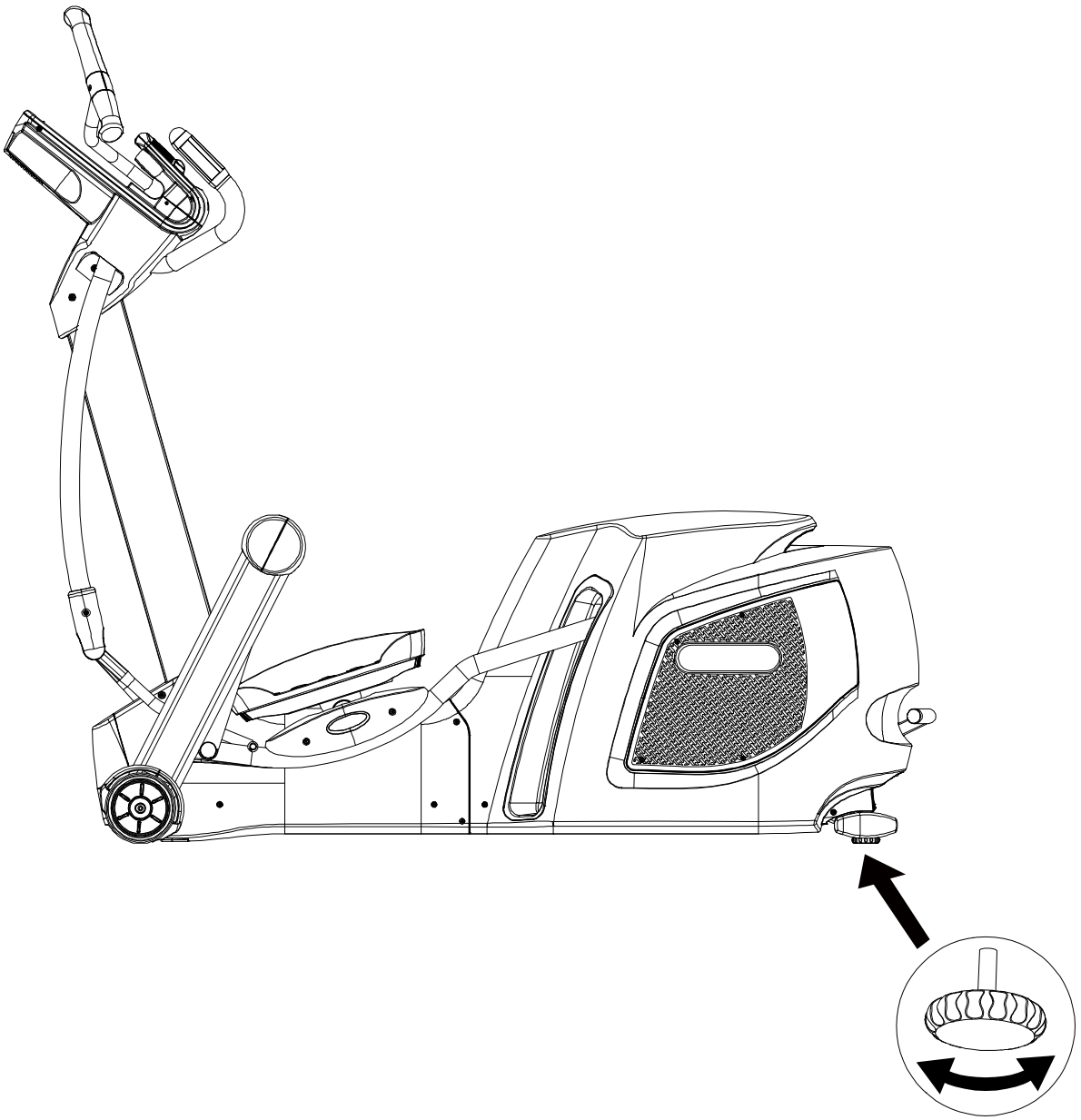


STABILIZER ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the level of the SANIBEL I35 cross trainer simply rotate the Level Adjusters clockwise or counter clockwise.

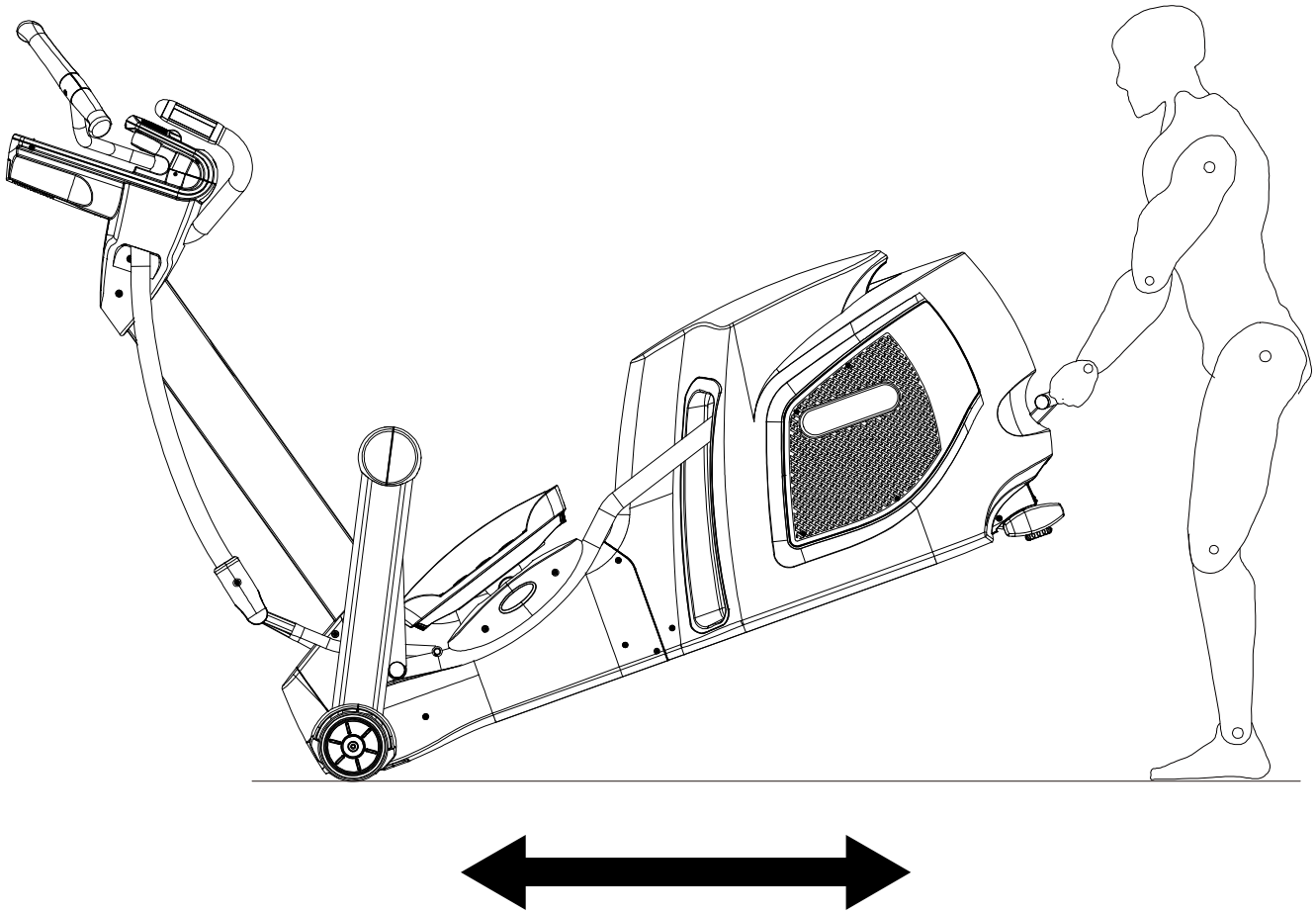
Tilt the cross trainer to access stabilizers.



TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

The casters located on the rear of the unit allow for easy transport. Simply lift the front of the unit until the wheels touch the floor. Then roll the unit to a desired location.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

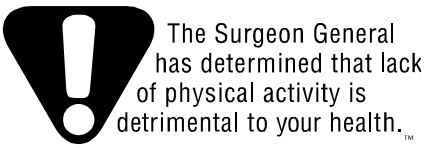
Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

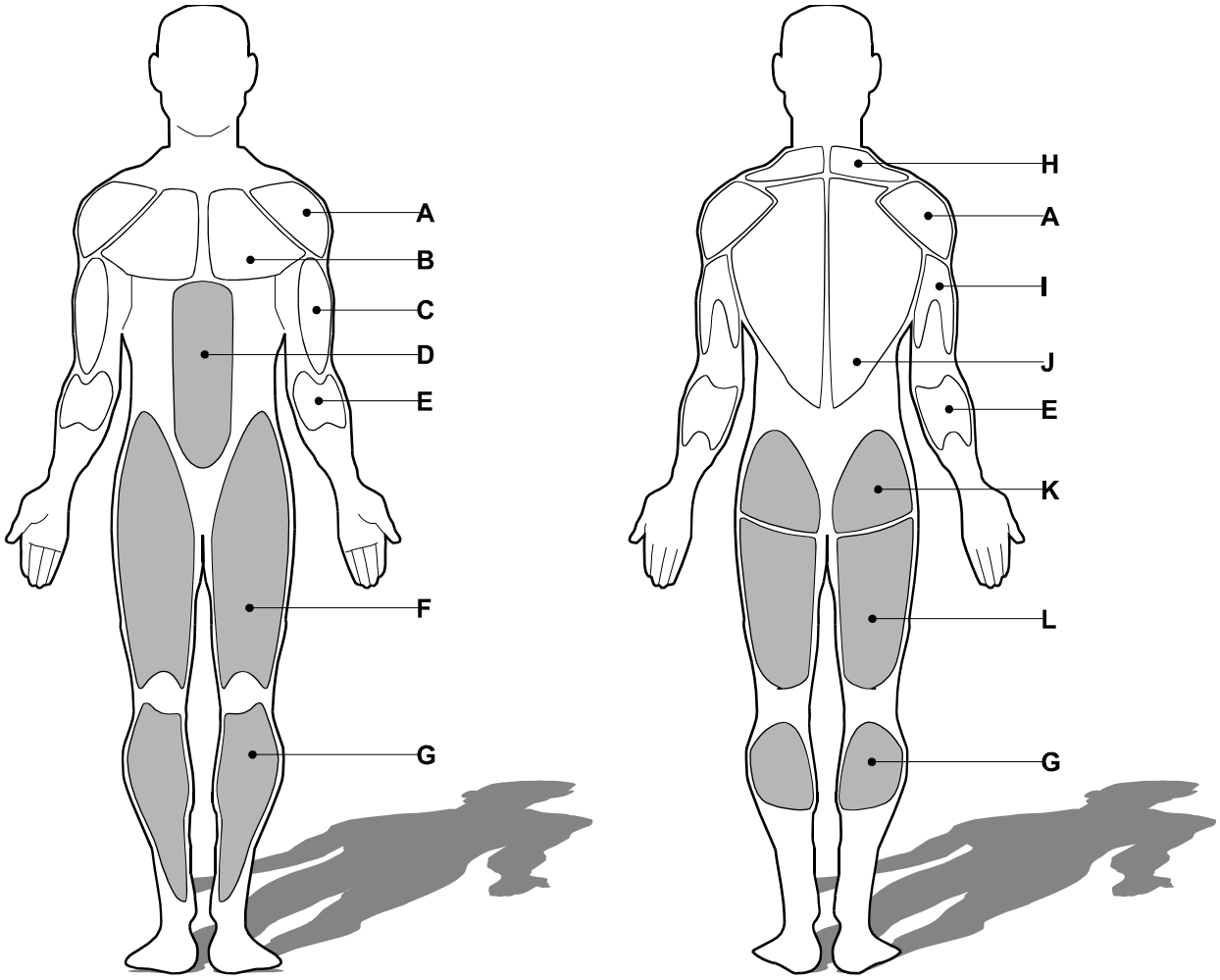
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

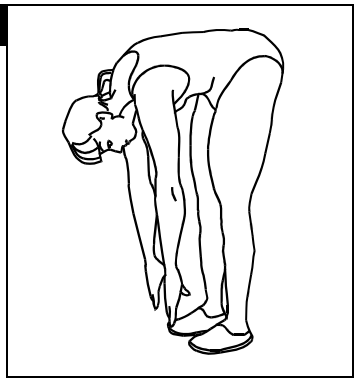
A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

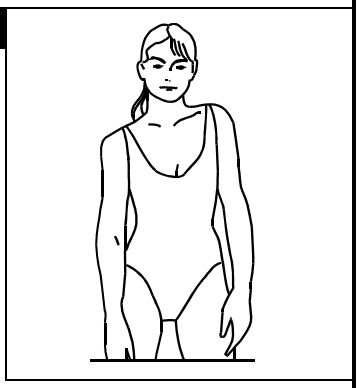
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

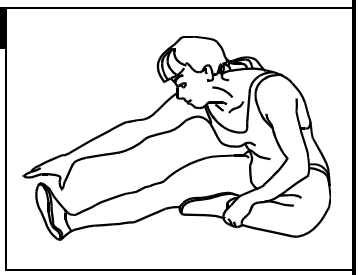


Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

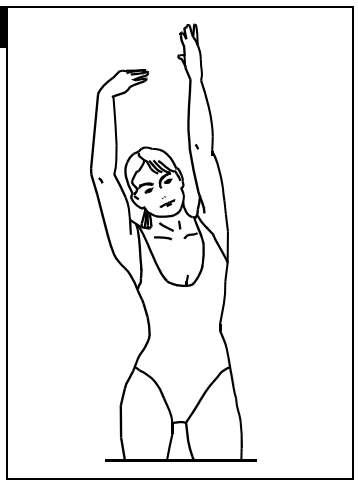
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



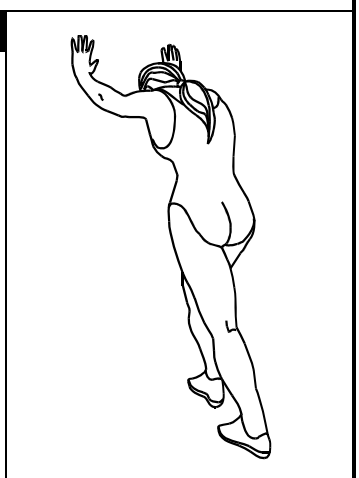
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "SANIBEL I35" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of $75.00 per service issue. Service issue is defined as an approved service claim. Limit of one $75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. In some instances consumers may be asked to find a local service provider, especially if they reside in a remote area of the US. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(s) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "SANIBEL I35" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear. YOWZA reserves the right to use new, used or reconditioned parts for all repairs and will make this determination based on the impact to the performance and appearance of the machine being repaired.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but not limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "SANIBEL I35" name are intended for ***RESIDENTIAL USE ONLY***. See further "Circumstances and use that will void your warranty "below.

CIRCUMSTANCES AND USE THAT WILL VOID YOUR WARRANTY: Any use other than for residential purpose including but not limited to: use in a commercial business, use in a member paid organization or association, use in an outside the home office or location of any kind that is not the residence of the buyer, immediate household members or family. Willful disregard for the proper maintenance, use and location of the equipment. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and flywheel magnetic braking system, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION CASES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WARRANTY

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

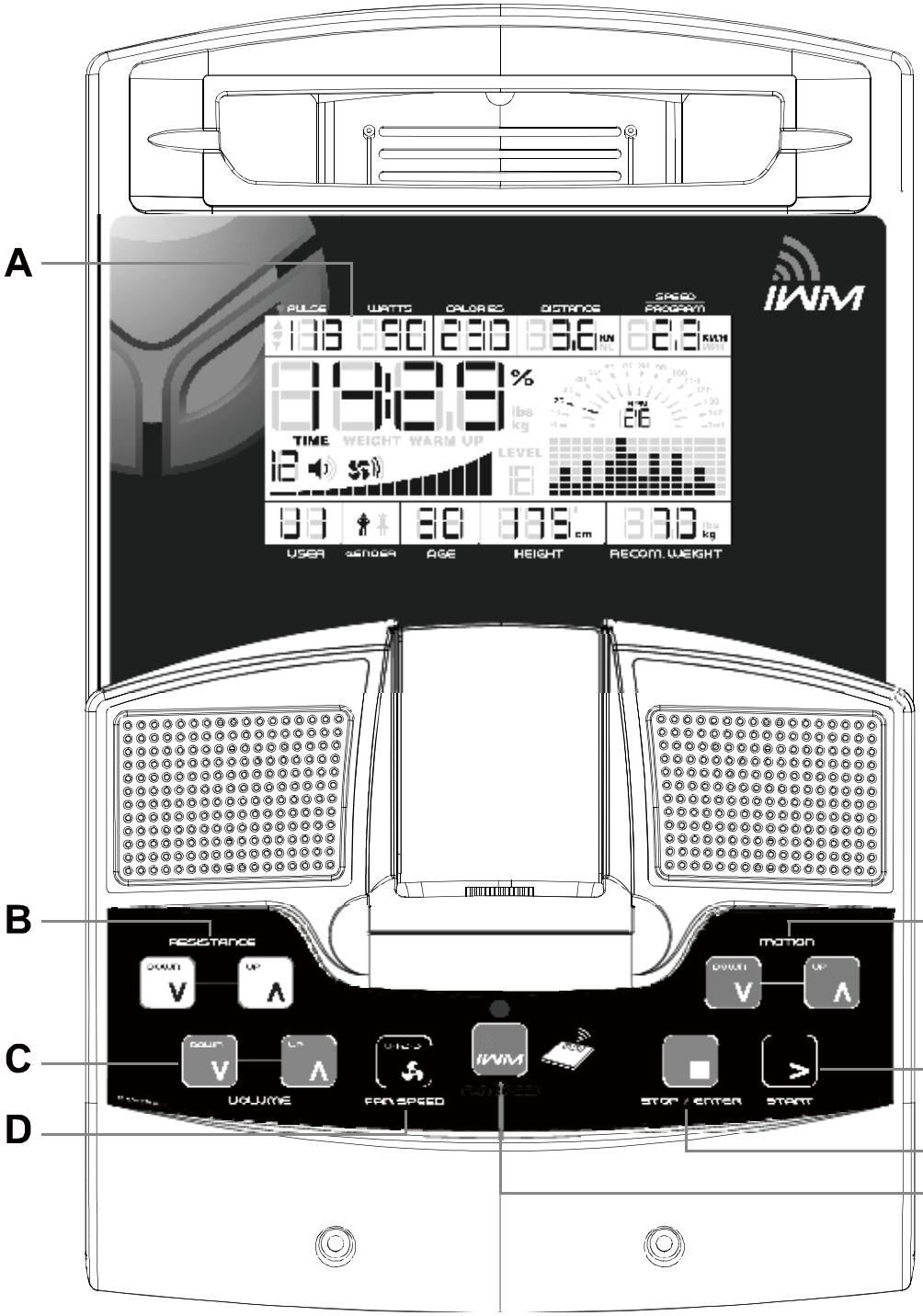
IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONSULTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION

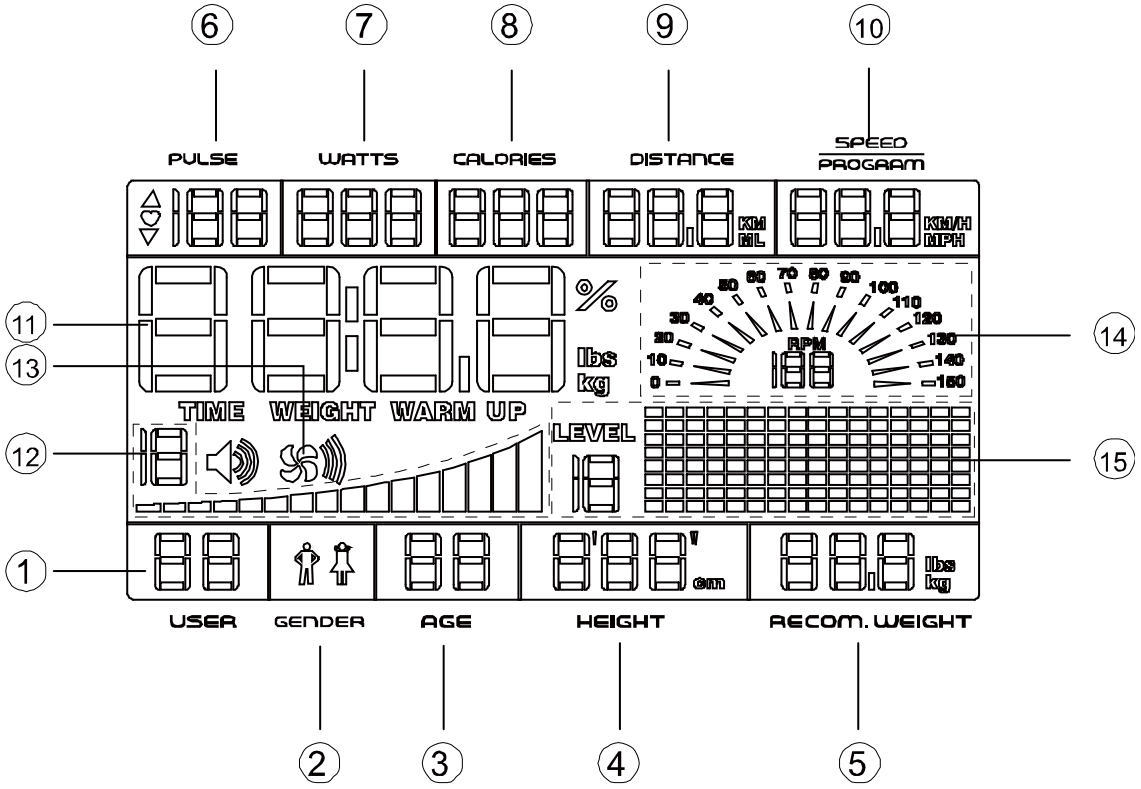


A	DISPLAY	B	RESISTANCE UP/DOWN BUTTON	C	iPod VOL CONTORLS
D	FAN CONTROL	E	MOTION UP/DOWN BUTTON	F	START BUTTON
G	STOP/ENTER BUTTON	H	IWM		

COMPUTER OPERATION

Before assembling or using your fitness equipment, please do carefully read the precautions included in the assembly instruction.

DISPLAY



To switch from Metric to English display please read the chapter Metric to English conversion.

USER CODE (1)
Press the UP/DOWN to select the USER CODE from U1 to U7.

GENDER (2)
Press the resistance UP/DOWN button to select your gender.

AGE (3)
The range of AGE is from 10 to 99.

HEIGHT (4)
The HEIGHT display range is from 50 to 250 cm. The HEIGHT display range is from 20 to 100 inch.

RECOME. WEIGHT (5)
It will display recommended weight when the user data was created.

PULSE (6)
The PULSE - display range is from 0 to 199.

WATT (7)
The display range of the WATT is from 0 to 999.

CALORIES (8)
The calories display range is from 0 to 999.

DISTANCE (9)
The DISTANCE display range is from 0.0 to 99 kilometres/miles.

PROGRAM (10)
The PROGRAM display range was from P1 to P9.

TIME (11)
The TIME display range is from 0:00 to 99:99.

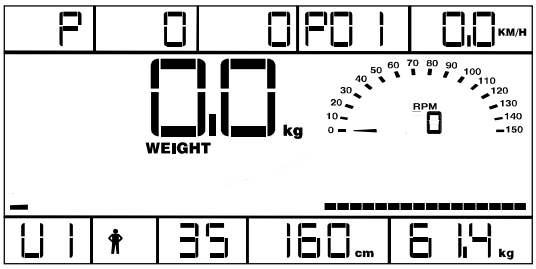
MOTION LEVEL DISPLAY (12)
Displays motion level from L1 to L12

FAN (13)
First Press: Second Press:
Third Press: Fourth Press: **STOP**

COMPUTER OPERATION

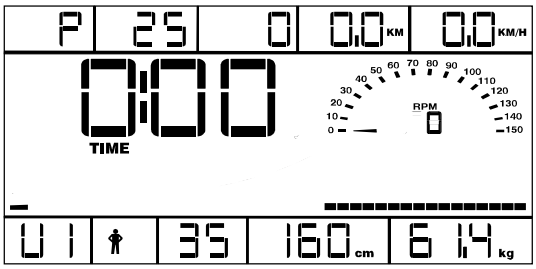
POWER ON

After connecting the power cord switch the power button on. The LCD screen will light up.
To switch back to the power on status after the machine has already been used press the stop button twice.



QUICK START

When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising.

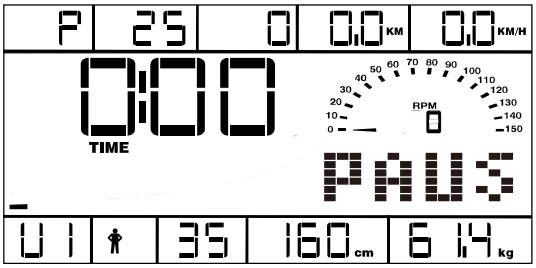


SLEEP MODE

When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input, press any button to return to power on status when the computer is in the SLEEP MODE.

PAUSE MODE

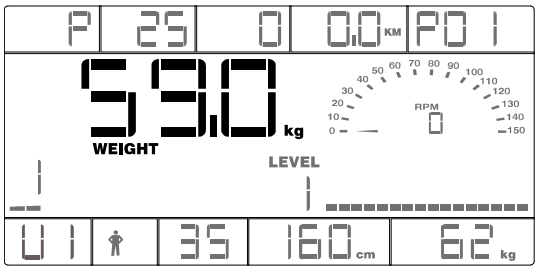
While in the PROGRAM, without pedalling the machine for 30 seconds, the speed sensor located inside the machine can not detect any RPM signal, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will return to POWER ON status.



COMPUTER OPERATION

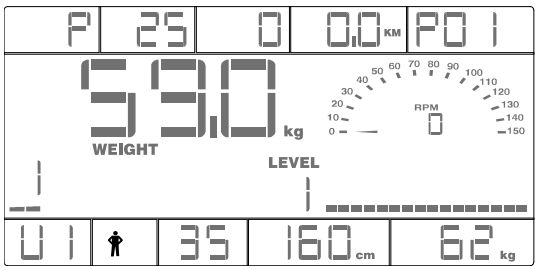
USER WEIGHT

After the HEIGHT has been confirmed the TIME display will show WEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information, and then press ENTER to confirm.



USER GENDER

After assigning your user ID, the GENDER icon will display on the LCD, press the UP/DOWN button to switch between male and female icon, then press ENTER button to select your GENDER.

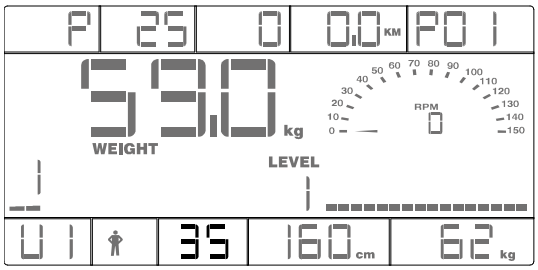


USER AGE

After the WEIGHT has been confirmed the SPEED display will show AGE or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information then, press ENTER to confirm. When the AGE is confirmed, the pulse data will be adjusted automatically at the same time.

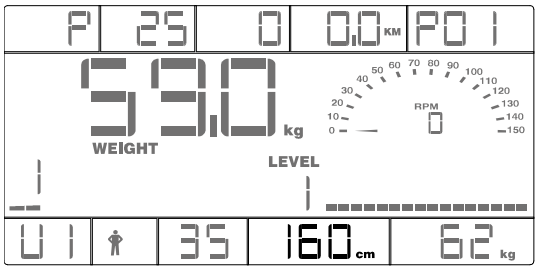
Estimated Normal pulse rate = (220 – AGE) X 65%

Estimated Maximum pulse rate = (220 – AGE) X 85%



USER HEIGHT

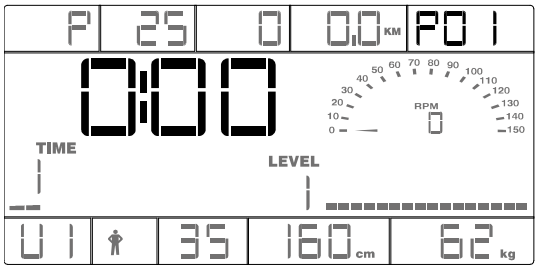
After the USER Code has been confirmed the SPEED display will show HEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user height information, and then press ENTER to confirm.



COMPUTER OPERATION

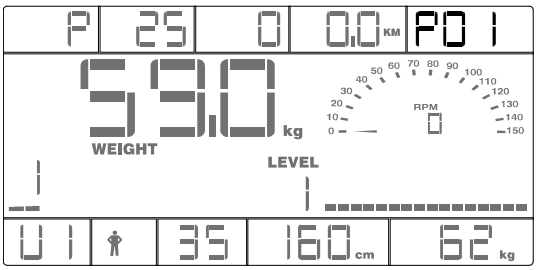
PROGRAM

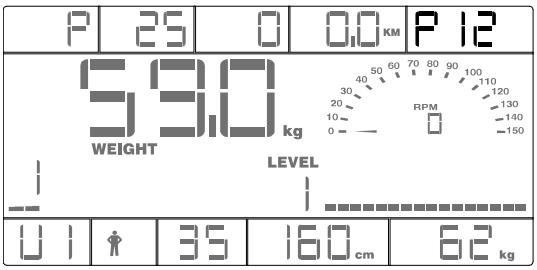
To select one of the User programs, you will need to select the USER CODE first, press the UP/DOWN button to select the USER CODE from U1 to U7. This is shown in the SPEED display. Press the ENTER button to confirm the USER CODE. If the user information has been previously input, press ENTER button and hold for 5 seconds, The computer will then skip the user information set up procedure and enter the program select procedure. To input new information, please follow the below procedure.



P 1- P 12 Program Selecting Procedure

After the gender has been set up and press the “ENTER” button to confirm, the LCD will display and flash “P1”, press “UP “and “DOWN” to select. Then press the “ENTER” button to confirm and save.



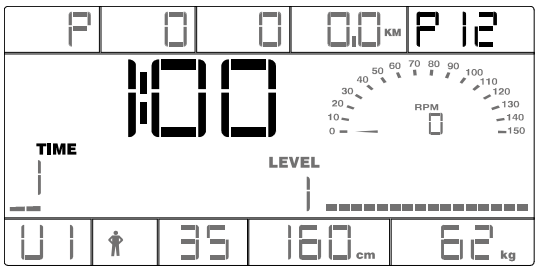


COMPUTER OPERATION

P1: Target time program

After you have selected “P1-Target time program” press the “ENTER” button. The “TIME ”display will show the time of “32:00”, press the “UP “or “DOWN” button to adjust target time, then press the “ENTER“ button to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP /DOWN“ button, The program will count down the preset time, “DISTANCE and CALORIES” will count up.

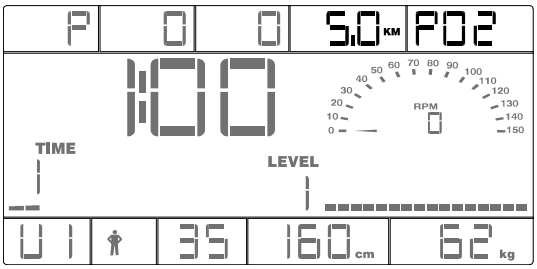
To pause the program while exercising, press the STOP button. To resume exercising, press the “START” button. The time counts down at the end of the program the computer will “beep”.

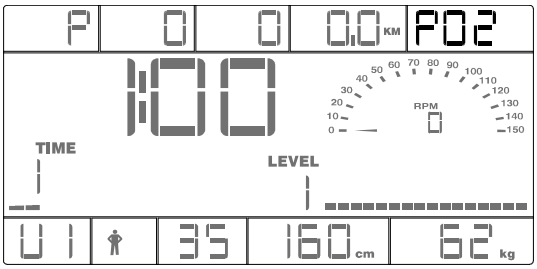


P2: Target distance program

After you have selected “P2- Target distance program”, The “DISTANCE“ display will show the DISTANCE setting of 5, press the up and down button to adjust target DISTANCE, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP and DOWN” button. The “DISTANCE” will count down the preset DISTANCE, the “TIME and CALORIES“ will count up from 0.

To pause the program while exercising, press the “STOP” button, if the “STOP” button is pressed after pausing the program, the computer will return to POWER ON status. The time counts down at the end of the program the computer will “beep”.

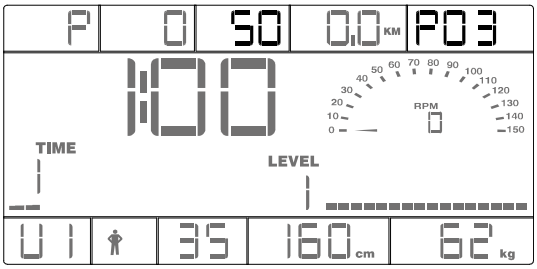


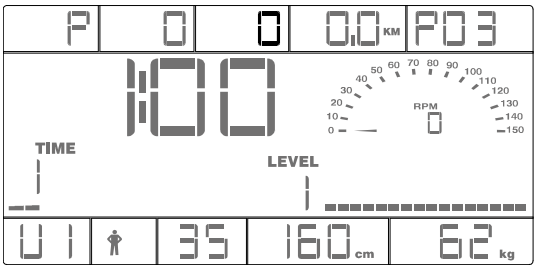


P3: Target calories program

After you have selected “P3- Target calories program”, the CALORIES display will show the calories setting “50”, press the “UP/DOWN” button to adjust target calories, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the resistance while exercising, press the “UP and DOWN” button. The target calories will count down and the TIME, DISTANCE will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the preset target has been achieved, the computer will beep.



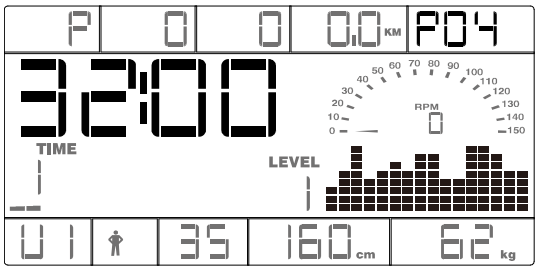


COMPUTER OPERATION

P4: RANDOM program

After the user has selected “P4- RANDOM program”, The TIME will show the workout time setting of “32:00”, Press the ““UP /DOWN” button to adjust workout time, Then press the “ENTER” to confirm. Press the “START” button to begin the exercise program. The resistance display will show “1”. To increase or decrease the resistance while exercise, press the “UP/DOWN” button. The target time will count down, the DISTANCE and CALORIES will count up from 0.

To pause the program while exercising, press the “STOP” button, To quit out the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.

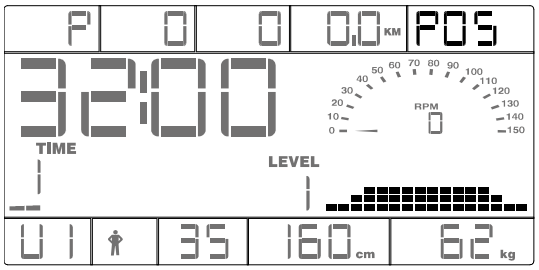


P5: Fat burning program

After the user has selected “P5 Fat burning program “, the TIME display will show the workout time setting of “32:00”, press the “UP /DOWN ” button to adjust workout time then press “ENTER” to confirm. Press the ”START” button to begin the “Fat burning program ”. The aim of a FAT BURNING program is to exercise for a longer period of time at a reduced level of intensity. This will allow you to burn more calories than if you were using a program that has higher levels of resistance over a shorter period of time.

The RESISTANCE display will show “1”. To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The target time will count down, the DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.



P6: INTERVAL program

LEVEL

After the user has selected “P6 INTERVAL program”, The SPEED display will show “L1”

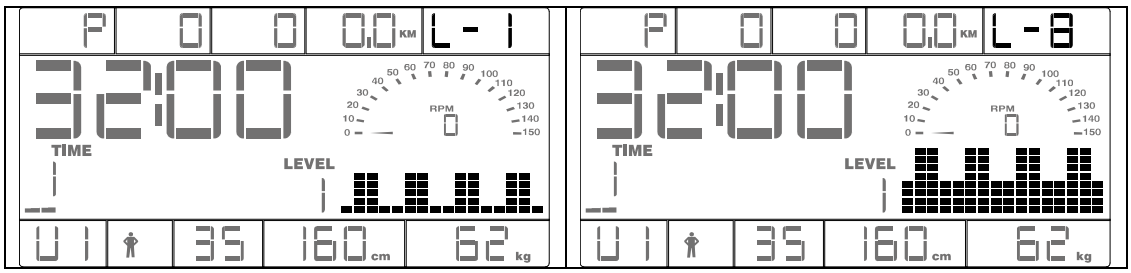
Press the “UP and DOWN” button to adjust the Level from “L1” to “L8”, press the “ENTER” button to continue the program.

TIME

After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00 ”, press the “UP and DOWN ” button to adjust the TIME, press the “ENTER ” button to confirm.

Press the “START” button to begin the exercise program .The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The time will count down to the end. The DISTANCE and CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” twice. At the end of program count when the target has been achieved the computer will beep.



COMPUTER OPERATION

P7: ENDURANCE program

LEVEL

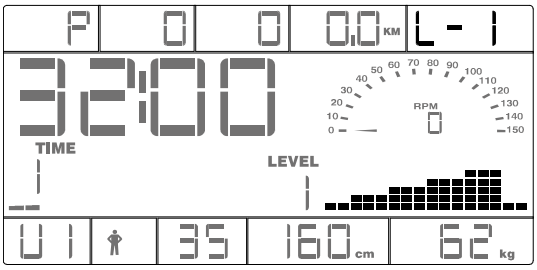
After the user has selected “P7” ENDURANCE program, the “SPEED” display will show “L1”Press the “UP and DOWN” button to adjust the Level from “L1” to “L8”, press the “ENTER” button to continue the program.

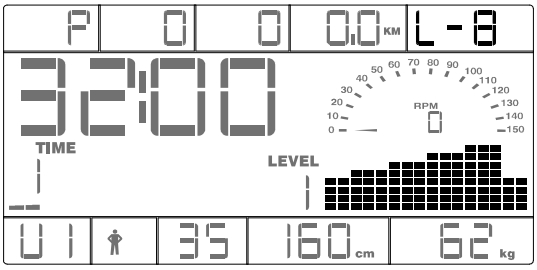
TIME

After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00 ”, press the “UP and DOWN” button to adjust the time, press the “ENTER” button to confirm.

Press the “START” button to begin the exercise program. The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the “UP /DOWN” button. The time will count down, the DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. Press the “STOP” button twice, the program will return to POWER ON status. At the end of the program when the target has been achieved, the computer will beep.



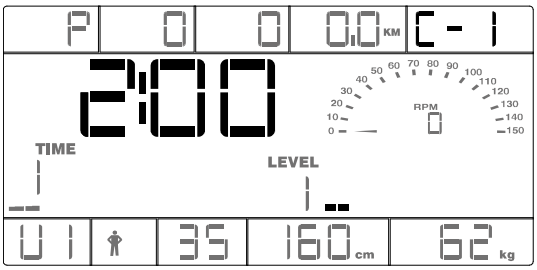


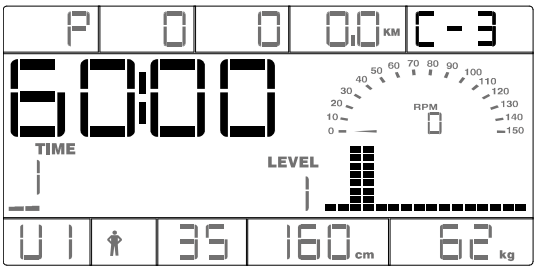
P8: C1 – C3 INDIVIDUAL CUSTOM PROGRAM

When the user selects P8 CUSTOM program and press ENTER button, C1 will display and flash on the LCD. The program can allow each user to create 3 individual custom programs and store the settings for repeated workouts. To select the program from C1 to C3, press the UP/DOWN button. Press ENTER button to confirm the selection then continue to set up.

When you´ve selected one custom program, the LCD will display the previous setting graphics. The maximum workout time of each user program is 60 minutes. The time will count down from the preset time.

To quit the custom program, press the STOP button twice. To start the preset program, press the START button.



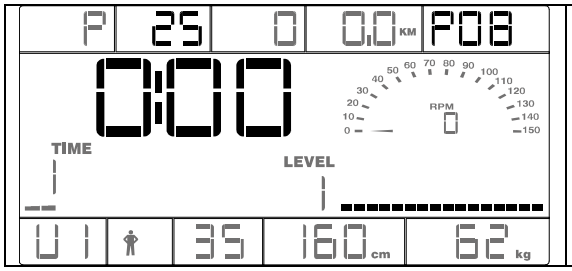


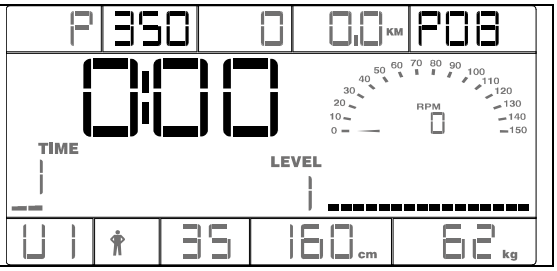
Main Individual custom program

When the user selects one custom program and presses the ENTER button to set up, the user comes into the WATT and Time setting mode. In the display the first minute is flashing. To adjust the WATT, press UP and DOWN button. Then press the ENTER button to reserve the setting and continue to next minute setting of the program, etc.

To get back to the previous setting minute to reset, press the MODE button to switch.

After setting up the time and WATT, press the START button to activate status.





COMPUTER OPERATION

Press the “START” button to begin the exercise program. The LCD display will show the WATT status as the user set it.
To increase or decrease the WATT while exercising in the program activate status, press the “UP /DOWN” button. The target time of the program will count down from the preset time. The DISTANCE, CALORIES display will count up from 0.
To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP button” twice. At the end of the program when the target has been achieved, the computer will beep.

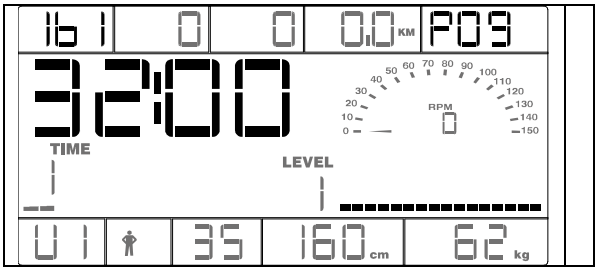
P9: Target pulse program

Pulse setting

When the user has selected the “P9 Target pulse program”, the “PULSE” display will show and flashing “161”. Press the UP/DOWN button to adjust the PULSE, after setting the PULSE, press the “ENTER” button to continue the program setting.]

Time

After you have selected “P9 Target pulse program”, the TIME display will show the workout time setting “32:00”. Press the UP/DOWN button to adjust workout time then press ENTER button to confirm. Press START to begin the exercise program.
To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.



WARM UP – Target pulse program

After completing the TIME set up and starting the program, there is a total 3 minute warm up section. The WARM UP section will help you reach the target workout PULSE. The resistance will start from 2. When the “warm up” section starts, the LCD display will show the words “warm up” three times.
When the user uses the “Warm up and Target pulse” program, the “DISTANCE and CALORIES” will count up from 0. The computer will detect the user pulse and compare it with the preset estimate normal pulse every 15 seconds. The 3 minutes warm up program will count down from the pre-set time. If the actual PULSE does not reach the target workout pulse, the resistance will increase one level every 15 seconds.

If the computer does not detect the user actual PULSE, the computer will pause the compare function and stop increasing the resistance. The LCD will show “NO PULSE”.
When the computer detects the actual pulse rate has reached the minimum target workout PULSE in the “warm up” section, the resistance will stop increasing and continue at the same resistance until the 3 minute warm up is completed and then go into the Target pulse main program.

If you cannot reach the minimum target workout pulse in 3 minutes, the program will continue the second 3 minutes WARM UP section. If during the second WARM UP the user still cannot reach the minimum target workout heart rate, the computer will continue to the third WARM UP section for 3 minutes. If the third WARM UP section still cannot bring up the actual pulse rate to the minimum target workout pulse, the computer will sound a beep, meanwhile the program will STOP, and TIME display will show “FAIL”, 10 seconds later, the program will return to power on status.

COMPUTER OPERATION

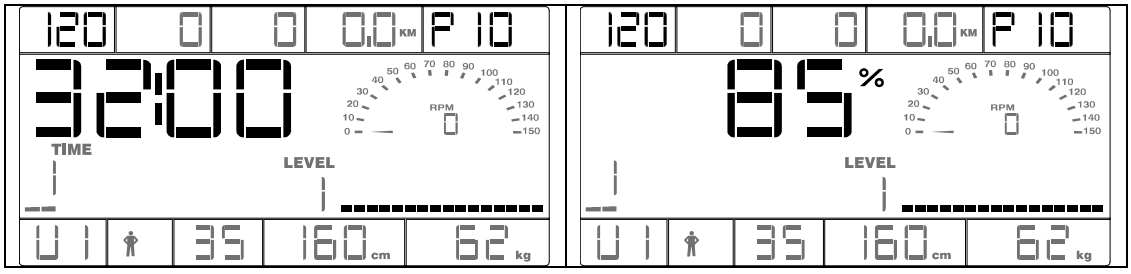
Target pulse main program

After the actual pulse rate reaches the minimum target workout pulse rate and completes the warm up section, the computer will go into the main program and the time will count down from the pre-set time. During the main program, the computer will detect the user pulse rate every 15 seconds. The RESISTANCE, DISTANCE, CALORIES will continue to count up from the “Warm up” section into the Target pulse Program. To increase or decrease the selected Pulse rate while exercising, press the “UP and DOWN” button.
If the computer does not detect the user actual pulse rate, the computer will pause the compare function and stop increasing the RESISTANCE. The LCD will show “NO PULSE”.
If the actual pulse rate cannot reach the maximum target workout pulse rate, the resistance level will be increased by 1 level every 15 seconds until the pulse rate reaches the maximum target workout pulse rate.
If the actual pulse is higher than the maximum target workout pulse rate, then the resistance will be reduced 1 level every 15 seconds until the actual pulse rate meets the maximum target workout pulse rate.
If the actual pulse is higher than the maximum target pulse rate for 3 minutes or over, the preset time counts down to the end, the computer will stop the Target pulse program and then begin the COOL DOWN function.

COOL DOWN –Target pulse program

After completing the Target pulse and the TIME counts down to zero there is a one-minute COOL DOWN program. The TIME display will show ‘COOL’ for 10 seconds and start flashing. The resistance will return to level 1 as the time counts down from 1:00 (including the 10 seconds ‘COOL’ display time).
When the computer starts the COOL DOWN program, the RESISTANCE will return to the “1” Level, the “DISTANCE and CALORIES” will continue in the “Target pulse” program display and count up continues.
To pause the program while exercising, press the “STOP” button. Press the “STOP” button twice and the program will return to POWER ON.
The “UP, DOWN, START, MODE “buttons do not work in the “COOL DOWN” program.

P 10: Target zone program
“Max Target Rate” % has 3 regular setting modes in the Target zone program. When the user inputs the AGE information, the program automatically sets up Estimated Maximum pulse rate.
When the user selects the P10 - Target zone program and presses the ENTER button, the LCD display will show and flash “65%”. Press the UP/DOWN button to select and set up Max Target Rate to either 65%, 75% or 85%. After setting up the Max Target Rate, press the “ENTER” button to continue the program setting.
Target zones:
65%: Health/Fat Burning
75%: Fitness/Body Shaping
85%: Performance
After you set the Max Target Rate and press the ENTER button, the TIME display will show the workout time setting “32:00”. Press the UP/DOWN button to adjust workout time then press ENTER to confirm. Press START to begin the exercise program.



COMPUTER OPERATION

WARM UP – Target zone program

After completing the TIME setting up, Press the START button to start the program. There is a 3 minute warm up section. The WARM UP section will count down from 3 minutes. The WARM UP section will help you reach the minimum target workout pulse rate. When you start the “WARM UP” section, the LCD display will show the words “WARM UP” three times. The TIME display will count down from the preset time, the “DISTANCE” and “CALORIES” display will count up from 0. The computer will detect user pulse rate and compare with the preset estimate normal pulse rate every 15 seconds.

During the 3 minutes warm up section the preset time will count down and the “DISTANCE and CALORIES” will count up from 0. If the actual pulse rate does not reach the target workout pulse rate, the resistance will increase 1 level every 15 seconds.

If the computer does not detect the user actual pulse rate, the computer will pause the compare function and stop increasing the resistance. The LCD will show “NO PULSE”.

When the computer detects that actual pulse rate reaches the minimum target workout pulse rate in the “Warm up” procedure, the resistance will stop increasing and continue at the same resistance until the 3 minute warm up is complete and then go into the target zone main program.

If you cannot reach the minimum target workout pulse rate in 3 minutes, the program will continue the second 3 minutes WARM UP section. If during the second WARM UP section the user still cannot reach the minimum target workout pulse rate, the computer will continue on to the third WARM UP section for 3 minutes. If after the third WARM UP program still cannot bring up the actual pulse rate to the minimum target workout pulse rate, the computer will beep, meanwhile the program will stop and TIME display will show “FAIL”. 10 seconds later the program will return to POWER ON status.

Target zone main program

After the actual pulse rate reaches the minimum target workout pulse rate and completes the Warm up section, the computer will go into the main program and the time will count down from the pre-set time. During the main program, the computer will detect the user pulse rate every 15 seconds. The RESISTANCE, DISTANCE, CALORIES will continue to count up from the “Warm up” section in the Target zone program.

If the computer does not detect the user actual pulse rate, The computer will pause the compare function and stop increasing the resistance. The LCD will show “NO PULSE”.

If the actual pulse rate cannot reach the maximum target workout pulse rate, the resistance level will be increased by 1 level every 15 seconds until the pulse rate reaches the maximum target workout pulse rate.

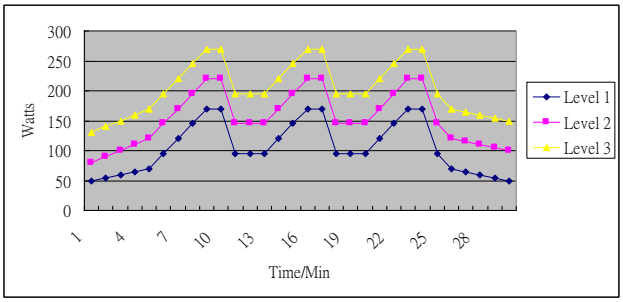
If the actual pulse is higher than the maximum target workout pulse rate, then the resistance will be reduced 1 level every 15 seconds until the actual pulse rate meets the maximum target workout pulse rate.

If the actual pulse is higher than the maximum target pulse rate for 3 minutes or over, or the preset time has counted down to the end, the computer would stop Target zone program and then begin the COOL DOWN function.

COMPUTER OPERATION

P11: 30 MIN Intensive interval program

When the user selected the P11 -30 MIN Intensive interval program and press the ENTER button, the LCD display will show L-1 initially. To select the program level from L1 to L3, press UP/DOWN button, then press the ENTER button to save the setting up so as to continue to set up program.

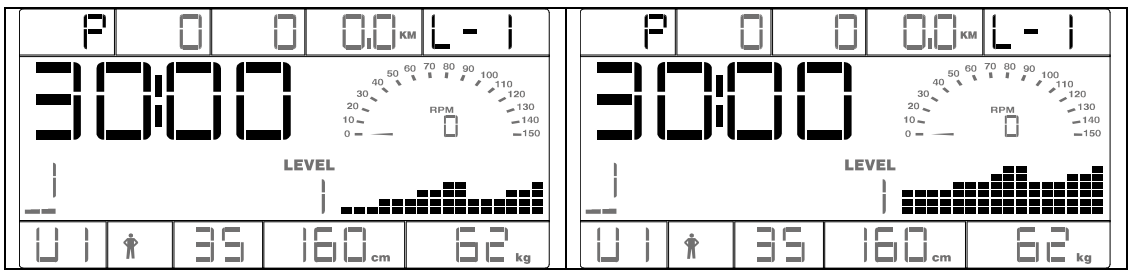


When the user presses the START button, the LCD display shows the WATT profile based on the user´s individual settings.

To adjust the WATT, press the UP and DOWN button, the program will count down time form the preset time, and DISTANCE, CALORIES will count up from zero.

When start the program, press the STOP button to pause the program, the program will come in POWER ON mode when the user presses the STOP button twice.

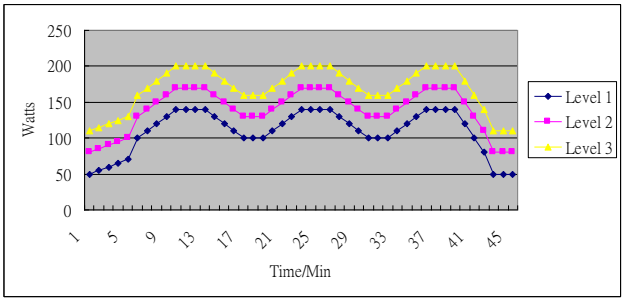
When the preset time count down has been achieved, the LCD display will stop the program along with a beep.



COMPUTER OPERATION

P 12: 45 MIN Cardio training workout program

When the user selects the P12 - 45 MIN Cardio training workout program and presses the ENTER button, the LCD display will show L-1 initially. To select the program level from L1 to L3, press UP/DOWN button, then press the ENTER button to save the setting up so as to continue to set up program.

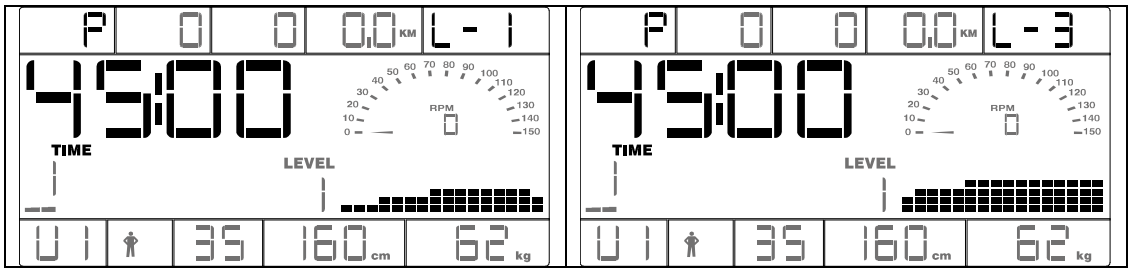


When the user presses the START button, the LCD display shows the WATT profile based on the user´s individual settings.

To adjust the WATT, press the UP and DOWN button, the program will count down time form the preset time, and DISTANCE, CALORIES will count up from zero.

When start the program, press the STOP button to pause the program, the program will come in POWER ON mode when the user press the STOP button twice.

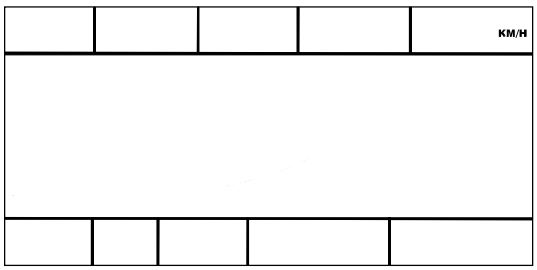
When the preset time count down has been achieved, the LCD display will stop the program along with a beep.

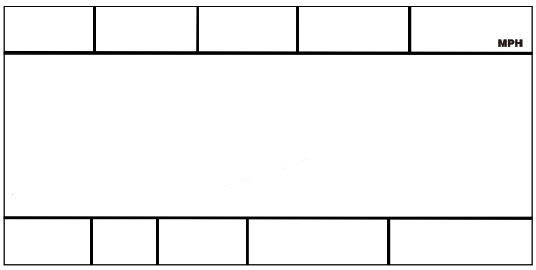


Metric (KM) to English (ML) conversion

The computer display can show both English and Metric information, if you want to change from the Metric to English, Please follow the below procedure:

When the computer is in the POWER ON status. Press and hold the “STOP” button then press the “START” button, the LCD will show the “KM/H” or “MPH”. Select set KM/H or MPH by pressing the UP/DOWN button, and then press the ENTER button to confirm.





COMPUTER OPERATION

Heart Rate Operation

The 3.1e comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors, if the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.

Heart Rate Training

To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.
It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.
The following table is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

Resistance – Level – Watt Table :

RPM	L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15	L16
10	2	2	2	2	2	3	3	3	3	3	3	4	4	4	4	4
20	5	9	13	17	20	24	28	32	36	39	43	47	51	55	59	63
30	8	15	23	30	38	45	53	60	68	75	83	90	98	105	112	120
40	11	22	34	45	57	68	80	91	103	114	126	137	149	160	171	183
50	16	31	46	61	76	91	106	120	135	150	165	180	195	210	225	240
60	19	38	56	75	94	113	131	150	168	187	206	225	243	262	281	300
70	23	44	66	87	109	130	152	173	195	216	238	259	280	302	323	345
80	26	50	75	99	124	148	172	197	221	246	270	294	319	343	367	392
90	30	56	83	109	135	162	188	214	240	267	293	319	346	372	398	400
100	33	62	91	117	148	177	206	235	264	293	322	350	379	400	400	400
110	38	68	98	128	158	188	218	248	278	308	339	369	400	400	400	400
120	44	75	107	138	169	200	231	263	294	325	357	388	400	400	400	400